

Greater Tompkins County Municipal Health Insurance Consortium  
**Owning Your Own Health Committee**  
July 26, 2017  
**3:30 p.m.**  
Legislature Chambers

**Agenda**

1. Call to Order (3:30) Schiele
  
2. Agenda Changes (3:30)
  
3. Approve Minutes of June 28, 2017 Meeting (3:32)
  
4. Executive Director's Report (3:35) Barber
  - a. Topics at other Consortium committee meetings
  - b. CanaRx update
  - c. Telemedicine update
  
5. Fall Flu Clinics (3:45) Prashaw
  - a. **RESOLUTION:** Authorization to Sponsor and Fund Flu Clinics for 2017 and Continue Pharmacy Benefit to Cover Flu Vaccination
  
6. Discussion of Promoting the Concept of Wellness: (4:00)
  - a. Channels, methods, & resources for reaching our audience
  - b. Website
  - c. Instructional videos
  
7. Discussion "Making the Case for Consortium-wide Wellness Program (4:05) Barber
  
8. Next Agenda Items (4:20)
  
9. Adjournment (4:30)

*Next meeting: August 23, 2017*

**Owning Your Own Health Committee**  
**Minutes – Draft**  
**April 26, 2017**  
**Legislature Chambers**

Present: Ted Schiele, Jackie Kippola, Leslie Moskowitz, Emily Mallar, Debby Kelley  
Guests: Don Barber, Executive Director; Corey Prashaw, ProAct

**Call to Order**

Mr. Schiele, Chair, called the meeting to order at 3:30 p.m.

**Changes to the Agenda**

There were no changes to the agenda.

**Approval of May 24, 2017 Minutes**

It was MOVED by Ms. Kippola, seconded by Mr. Schiele, and unanimously adopted by voice vote by members present, to approve the minutes of May 24, 2017 as submitted. MINUTES APPROVED.

**Executive Director's Report**

**Newsletter**

Mr. Barber reported the latest issue of the newsletter has been distributed and work continues to get it out to retirees.

**Report on Work of Other Committees**

Mr. Barber reported there will be new members who will be joining the Committee, Jim Bower from the Town of Ithaca as a labor representative and Tammy Morse from the Village of Trumansburg. He said the Governance Structure Committee has been set up by the Board of Directors to look at the Consortium's structure and how the Consortium should operate as it now has 33 members. With the possibility to expand from 28 existing municipal participants to over 130 the Committee will be looking at how to operate in a meaningful way.

The Joint Committee has been discussing the work of this Committee and adding members to serve on this Committee. There has been a change in leadership of that Committee and they are looking for a new Labor representative to the Board of Directors. The Committee is also planning to have presentations at upcoming meetings to instruct members how to access and use the Excellus and ProAct websites. The Committee will also be looking at making an adjustment to the Gold Metal Level Plan to allow it to continue to be high deductible health plan and qualify for a Health Savings Account. To do this the deductible for a single plan has to be increased by \$50 and increased by \$100 for a family plan.

The Audit and Finance Committee reviewed preliminary budget information for 2018 at its meeting yesterday. Claims data continues to be below budget with medical claims being 6% below budget and prescription drug claims 10% below budget. Mr. Barber said it was expected that the Consortium would be almost \$800,000 behind at this point of the year and using Fund Balance; instead the Consortium has almost \$1.7 million in net income. The proposed budget at this time contains a 5% premium rate increase, compared to the 7% that was originally

projected. The Board of Directors will have its first opportunity to review the budget at its next meeting in July and will adopt the budget in September.

#### New Consortium Members

Mr. Barber reported the Town of Newfield has confirmed it will be joining the Consortium in 2018. He said Cayuga County is looking to create an Article 47 by the end of the year but thinks that it is unlikely as it took Tompkins County six years to build this Consortium.

#### Flu Clinics

Mr. Prashaw distributed an initial draft schedule for the Fall flu clinics with dates similar to the dates that were used last year with ten minutes allotted to each vaccination appointment. He said there wasn't a large number of attendees with the four events that were scheduled last year, therefore, the schedule proposes three dates with one less location. He said the dates and locations are subject to the Committee's approval and availability of the locations. Ms. Moskowitz spoke of City of Ithaca's experience last year and recalled the line was backed-up. She suggested Mr. Prashaw look at the history and whether there were two pharmacists last year as she didn't recall the same at problem at that clinic. Mr. Prashaw said he would look into this and said it could be possible to add an additional hour to the City's schedule to ensure people are accommodated. Ms. Kippola spoke of the number of County employees located near the Health Department and it was suggested that Karen Bishop at the Health Department be contacted to see if this is offered to employees.

Ms. Moskowitz said when the procedure changed to having employees sign up directly with ProAct instead of through the City there were several who did not sign up and asked that the City be allowed to contact ProAct to assist individuals in signing up. Mr. Barber agreed to provide reports to Ms. Moskowitz showing how many people signed up at each location and another from Excellus on how many received a flu shot at a physician's office.

Mr. Barber said last year when the Clinics were established Ms. Feeley was looking to have a minimum of 30 individuals sign up at each location and suggested he inform the Committee if this is a requirement.

Following discussion, it was agreed that Ms. Moskowitz, Ms. Kelley, Mr. Barber, Ms. Pottorff will check on the availability of rooms on the proposed dates. Mr. Barber will also see that that Tompkins County Human Resources is aware of this.

#### **Promoting the Concept of Wellness: Website and Instructional Videos**

Mr. Schiele said there hasn't been much progress on the redesign of the website since it was discussed at the last meeting. He expects more information to be available at the next meeting. Mr. Barber said Discover E-Gov has requested payment of an initial invoice prior to starting work. Mr. Schiele said an initial meeting was held with Jim Blizzard about creating short informational videos for the Consortium and he indicated it would not be a great time commitment or cost to the Consortium. He has the capabilities to create videos that would have consistent titling and appearance. He provided an initial list of suggested topics and scripts but noted it would be good for all members to contribute ideas. Suggested ideas for topics include: What the Consortium is and why the videos are being created, navigating the website, Blue4You, mail order pharmacy, CanaRx, and getting access and being able to utilize the Consortium's programs. He said this topic and redesign of the website could be held at the next meeting. Ms. Kippola suggested creating the first video and to obtain feedback from that. Ms. Moskowitz suggested having Interactive feature on the website that would allow suggestions and comments to be submitted. She also asked whether information could be gathered on the number of hits there have been on the Consortium's website. Mr. Schiele will look into this.

### **Making the Case for Consortium-wide Wellness Program**

Mr. Barber circulated an outline that was created in response to comments received. He said at the current time there are approximately 90 individuals in the Consortium who are enrolled in a Metal Level Plan with four enrolled in the Blue4You program. He said this involves a change in culture and discussion will need to take place beyond this Committee. Even though the Consortium will be doing the marketing he said this will require a lot of coordination and input from employers to have it be something that they can embrace and that will fit within their culture. He said this could be made available in 2018 but he wouldn't expect to see any reduced claim activity until it is pushed out and members are using it. On a volunteer basis, Interactive Health has stated they are seeing approximately 35% participation with very aggressive marketing. In order to receive the real benefits of the program something needs to be done in addition to marketing to move people into the program such as incentives.

Mr. Barber stated that the Blue4You program is available in all Metal Level Plans as the wellness component. He is proposing that other committees be provided with information in anticipation of getting feedback and eventually moving a proposal to the Board of Directors to make it available to all members as an a la carte option.

Ms. Kippola said had a conversation with the County Administrator about the cost being \$150 per participant and he was not supportive of spending this amount of money without knowing the return on investment. Mr. Barber said the cost is incurred only for those who enroll in the program and the cost would be absorbed by the Consortium and not by any individual municipality. Mr. Schiele said the idea is that the cost would be paid back over a period of time and stressed the importance of getting people to utilize available services if a problem is identified. He said getting the people who would could potentially have serious health problems act on them would result in a cost savings and hopefully pay for itself. Ms. Kippola asked if for the individuals who are in the program whether their health improved would be tracked. Mr. Barber said in order for the Consortium to see the greatest savings it attempts to reach those individuals who would be in a high risk category such as being pre-diabetic hypertension and diverting them from the path of becoming a diabetic. The information has shown that whenever a large enough pool of the population is in the program there is a huge change that is experienced in claims expense. Ms. Kippola suggested the cost and the projected savings of be included in the document.

The Committee will consider endorsing this at the next meeting. Members were asked to submit comments in advance of the meeting.

### **Next Agenda Items**

The following items will be included on the next agenda:

Continued discussion of flu clinics for the Fall;  
Making the Case for Consortium-wide Wellness Program; and  
Website Update

### **Adjournment**

The meeting adjourned at 4:36 p.m.

## Flu Clinic Resolution

WHEREAS, the Owning Your Own Health Committee has discussed the results and feedback from Consortium-sponsored flu clinics that were held in 2016 and believes the Consortium should continue to provide the opportunity for all eligible employees and retirees, spouses and dependents over the age of 19 to participate in flu shot clinics again in 2017, and

WHEREAS, when administered outside of a flu clinic a member is able to receive a vaccine with no co-pay or member cost through a medical provider as the cost is billed as a medical claim through Excellus, and

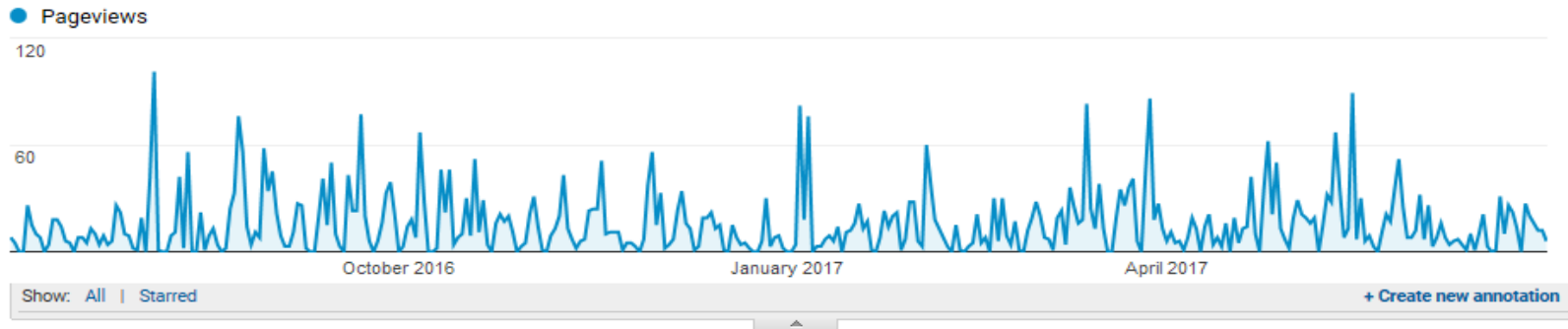
WHEREAS, the Committee recommends to continue to allow members to receive a vaccine at a pharmacy with no co-pay or cost to the member, now therefore be it

RESOLVED, the Owning Your Own Health Committee recommendations, that the Board of Directors authorizes the Consortium to sponsor and fund flu clinics in 2017 for its members and authorizes ProAct, at the direction of each Consortium member, to develop and administer the clinics, and to submit a claim for payment by the Consortium for each shot provided to an eligible recipient at a cost not to exceed \$\_\_ per shot,

RESOLVED, further, That the Owning Your Own Health Committee recommendations, that the Board of Directors authorizes ProAct to add a pharmacy benefit to all Consortium members' coverage to allow members to receive a vaccine at any pharmacy with no co-pay or cost to the member.



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| Page path level 3 |                              | Pageviews   |        | Unique      |        | Avg. Time on  | Bounce Rate   | % Exit        |
|                   | <b>/directors</b>            | 1,650       |        | 841         |        | 0:02:24       | 27.78%        | 24.67%        |
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|                   |                              | 0.07%       |        | 0.05%       |        | 0:02:21       | 67.11%        | 48.48%        |
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| 3                 | /committees/                 | 328         | 19.88% | 177         | 21.05% | 0:02:33       | 25.00%        | 27.44%        |
| 4                 | /minutes                     | 210         | 12.73% | 55          | 6.54%  | 0:02:44       | 20.00%        | 18.10%        |
| 5                 | /agendas                     | 70          | 4.24%  | 38          | 4.52%  | 0:01:55       | 0.00%         | 18.57%        |
| 6                 | /meetings                    | 57          | 3.45%  | 49          | 5.83%  | 0:02:37       | 37.50%        | 36.84%        |
| 7                 | /membership                  | 7           | 0.42%  | 7           | 0.83%  | 0:05:12       | 75.00%        | 57.14%        |
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|                   | <b>/directors/committees</b> | 328         |        | 177         |        | 0:02:33       | 25.00%        | 27.44%        |
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|                   |                              | 0.01%       |        | 0.01%       |        | 0:02:21       | 67.11%        | 48.48%        |
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| 1                 | /auditandfinance             | 160         | 48.78% | 88          | 49.72% | 0:02:54       | 26.67%        | 32.50%        |
| 2                 | /oyoh                        | 141         | 42.99% | 69          | 38.98% | 0:02:26       | 20.00%        | 25.53%        |
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| 4                 | /executive                   | 6           | 1.83%  | 4           | 2.26%  | 0:01:41       | 0.00%         | 0.00%         |
| 5                 | /finance                     | 5           | 1.52%  | 4           | 2.26%  | 0:00:23       | 0.00%         | 40.00%        |
| 6                 | /appeals                     | 3           | 0.91%  | 3           | 1.69%  | 0:00:06       | 0.00%         | 0.00%         |
| 7                 | /newmember                   | 3           | 0.91%  | 2           | 1.13%  | 0:00:03       | 0.00%         | 0.00%         |



