

**Owning Your Own Health Committee
Minutes – Approved
March 22, 2017
Legislature Chambers**

Present: Ted Schiele, Leslie Moskowitz, Beverly Chin, Jackie Kippola
Guests: Don Barber; Beth Miller, Nina Butler, Ken Foresti, Excellus

Call to Order

Mr. Schiele, Chair, called the meeting to order at 3:35 p.m.

Changes to the Agenda

There were no changes to the agenda.

Approval of February 22, 2017 Minutes

It was MOVED by Ms. Kippola, seconded by Ms. Chin, and unanimously adopted by voice vote by members present, to approve the minutes of February 22, 2017 as submitted. MINUTES APPROVED.

Executive Director's Report

CanaRx

Mr. Barber distributed a draft outline of the upcoming educational retreat to be held on May 10th and asked that members share any thoughts they have. Ms. Kippola suggested that the benefit clerks be invited to attend as well. Ms. Chin questioned what impact changes at the federal level would have on the Metal Level Plans and Mr. Barber said the health insurance companies are happy with the plans and the actuarial values have trued up on a regular basis so the benefit plans aren't continuing to change without the role of the patients being adjusted. Ms. Miller said the Plans within the Consortium followed what was happening on the community-side and when new towns and villages joined it was important to have them. They are now part of the Consortium and regardless of what happens at the federal level the plans are working and will continue to be maintained.

Mr. Barber reported on work of the other Consortium committees and said a look is being taken at adding a fourth prescription drug tier for specialty drug medications; however, it was learned that the co-pays for a fourth tier could not be any higher than tier three for name brand drugs. ProAct has been asked to look into this further but at this time it appears this is on hold.

Mr. Barber reported the Joint Committee works on reviewing actuarial levels to make sure they are in line with the required levels. At this time it appears, according to Locey and Cahill, that all plans except the Silver Plan are in line. Excellus will be running these plan through their calculator and if the Silver Plan's actuarial value needs to be adjusted, the Joint Committee on Plan Structure and Design will be talking about adjustment to be made to the Plan.

The Audit and Finance Committee is working through an audit of medical claims which has been recommended by the Department of Financial Services. There are some items that need further discussion with Excellus and will possibly need action by the Board of Directors. The Consortium also received its actuarial report which reports the Incurred But Not Reported level for claims for 2016. Under the State requirement the Consortium has to maintain a level of

12% of paid claims for ~~the~~ this Reserve. It has been confirmed by the Actuary was the 2016 IBNR is 7.45% which means the Consortium's 12% IBNR Reserve is more than adequate.

Blue4U Program Update

Ms. Miller reported they will be closing out the beginning of the Blue4U Program that was open January-March. Ms. Butler reported that as of this time five individuals have requested packets for the lab testing; however, she will not know the final number until the test lab closes at the end of March. She explained how a lab requisition packet is obtained by members and at this point their records do not indicate that those individuals have not yet completed the testing. The estimated number of people who are eligible for the program because they are in a Metal Level Plan is 130. Ms. Miller said she can provide the actual numbers; however, this would represent a level of participation of between 3-4%. Mr. Barber said in 2016 there were six individuals who requested the packet and three completed the testing. Mr. Schiele asked if there is one method of communication used for the program that tends to get a better response. Ms. Butler said it depends on a number of factors, but thinks a lot of what drives it is how employees are motivated such as providing an incentive versus having strictly a voluntary program.

RESOLUTION - ADOPTING GUIDELINES FOR HEALTHY MEETINGS

Mr. Barber distributed a draft resolution for the Committee's consideration based on discussion that took place at the Worksite Wellness Coalition and noted suggestions have been received since it was distributed and have been incorporated.

Mr. Schiele said he thinks it is worthwhile for the Board of Directors to consider a policy establishing guidelines for healthy meetings and to set an example for municipalities. He said some of the items in the resolution appear to be outdated and suggested amending the third paragraph to read: "At meetings and events where food will be served, we understand the value of providing healthy choices to accommodate a variety of needs. It is understood that attendees may have dietary restrictions" and not include a detailed list of bullet-points. Ms. Kippola agreed and said it seems like a good meeting practice and questioned the need for it to be in the form of a resolution. Mr. Schiele spoke in support of adopting a policy by resolution and it was agreed that he would revise and recirculate the resolution with the intent to have it considered at that time.

Resolved, that the Owning Your Own Health Committee recommends that the GTCMHIC Board of Directors adopt the following commitment and guidelines for healthy meetings:

Commitment:

We are committed to supporting good health for our volunteer leadership and employees and to modeling a healthy lifestyle.

Guidelines:

At meetings or events lasting longer than 60 minutes, we will encourage employees to take care of their comfort needs, and we will schedule appropriate break times and physical activity breaks.

At meetings and events where food will be served, we understand the value of providing choices to accommodate a variety of needs. This may include:

- A variety of delicious and colorful fruits and vegetables

- Tasty salad toppers such as low calorie salad dressings, nuts and seeds, beans, and low fat fruit and vegetable dips
- 100% fruit and vegetable juices, Unsweetened tea, or Water
- Other healthy items such as whole grain breads, nonfat dairy products, lean meats, and minimally processed products

Continue Discussion of Promoting the Concept of Wellness: Channels, Methods, and Resources

Mr. Schiele said unless there is a way to get information out to people an inter-municipal competition for wellness will not work. He said although the newsletter is one vehicle it doesn't have the frequency that is needed. The following suggestions were made:

- There be a champion at every site that has a checklist of goals that need to be accomplished;
- Develop a concrete plan for every activity that could be further customized.
- Creating a website that is not based on the Tompkins County template that is simple, accessible, and easy to understand. Short e-mails could then be sent out that contained an easy link to follow. He suggested Mr. Barber look into whether Jen Jensen, the Newsletter Editor, would be willing to design a website.

Ms. Kippola referred to a website developed by a consultant for the Jail that developed a website that is easy to understand and suggested something similar could be done. The website is <https://www.cgr.org/TompkinsCrimJust/>

Next Agenda Items

The following items will be included on the next agenda:

Continued discussion of marketing for a Consortium-wide wellness program;
Inter-municipal Competition for Wellness Focus; and
Discussion of document entitled "Making the Case for Consortium-wide Wellness Program"; and
Resolution adopting Healthy Meetings Guidelines

Adjournment

The meeting adjourned at 4:33 p.m.