

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

Present: Ted Schiele, Debby Kelley, Jackie Kippola, Emily Mallar, Beverly Chin (arrived at 2:38 p.m.)

Guests: Don Barber; Meghan Feeley, Josh Allen, ProAct (via conference call)

**Call to Order**

Mr. Schiele, Chair, called the meeting to order at 2:34 p.m.

**Changes to the Agenda**

There were no changes to the agenda.

**Approval of March 22, 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 March 22, 2017 as submitted. MINUTES APPROVED.

**Executive Director's Report**

Mr. Barber reported he is working on planning for the Retreat that will be held on May 10<sup>th</sup> at 9 a.m. He will also be working with Ms. Feeley and Ms. Miller to development an enrollment protocol for new members for January 1 of each year that includes responsibilities and timelines for everyone involved. In the past, new members have joined the Consortium in November but that may not be possible any longer. He said Excellus had changed its pharmacy benefits manager and also the software, and this caused a lot of problems during the last start-up period.

Ms. Chin arrived at this time.

Mr. Barber reported that last Actuarial Value calculations have been done for next year and no changes are needed to be made to the Metal Level Plans in 2018.

He said Ms. Feeley has been doing a utilization review for other Consortium committees and he highlighted some of the items contained in the report: 25% increase in plan spend for prescription drugs; expenses rose from \$8.5 million to \$10.65 million with the vast majority being due to an increased ingredient costs. There was a 1% increase in generic usage. It was identified that the main reason for the spend going up was due to specialty drugs. Although there was a slight increase in usage the increase in the spend for that was 53% which was primarily driven by usage of Harvoni which is used to treat Hepatitis. He said this is a short-term treatment as the drug can only be taken through one treatment cycle. There was \$500,000 spent on this drug and Ms. Feeley has reported that of the six members who are using the drug there are only a few remaining scripts expected in 2017 and this should result in a reduction in claims for the year.

Ms. Feeley said the Consortium should see a decrease in the drug plan spend for 2017 and noted CanaRX is expected to start in July. She suggested promoting more mail order utilization as it is only at 8% which is low. Ms. Chin asked for suggestions on how this could be done. Ms. Feeley said a lot of ProAct's plans make mail order mandatory. She said there are a

lot of ways members can manage their mail order prescriptions and she will provide the Consortium with marketing materials to let members know this option is available. Mr. Barber said this is one topic that will be covered at the retreat. Mr. Schiele said this is a topic that could be covered in an educational video for members with information about the savings and how to use the ProAct website.

#### CanaRX

Mr. Barber said at its last meeting the Board of Directors approved CanaRX as a pharmacy option and he has developed a letter to be sent, along with other information, to the benefit clerks that would be provided to all subscribers from the Consortium introducing the program. ProAct will then follow-up with a specific letter to all subscribers who qualify based on current medications that qualify under the CanaRX formulary. He said a conference call will be scheduled with benefit clerks in early May to provide information and answer questions (this took place on May 16<sup>th</sup>. On July 1<sup>st</sup> CanaRX will start billing the Consortium and bills for the County and TC3 will switch to the Consortium at that time.

#### Blue4You

Mr. Barber reported ten individuals signed up for the Blue4You Program but did not have further information at this time.

### **Healthy Meetings Resolution**

Mr. Schiele distributed copies of a resolution that he revised since it was discussed at the last meeting. Ms. Kippola referenced language in the draft that included examples of “nuts and seeds for snacking or salad toppings, low or reduced calorie options,” and said there are many options and did not think the resolution should be so specific or dictate what people should eat. Ms. Chin said almost any nutrition article will refer to fruits and vegetables as being a healthy option and supported including this reference in the resolution. Ms. Kippola did not object to including a reference to fruits and vegetables. Mr. Schiele said he likes there being vegetarian options when there are meals served at meetings. There was agreement to remove the wording “nuts and seeds for snacking or salad toppings, low or reduced calorie options,”.

### **RESOLUTION NO. 2013 – ADOPTION OF HEALTHY MEETING GUIDELINES**

MOVED by Ms. Chin, seconded by Ms. Mallar, and unanimously adopted by voice vote by members present. MOTION CARRIED.

RESOLVED, That the Owning Your Own Health Committee recommends that the Greater Tompkins County Municipal Health Insurance Consortium Board of Directors adopts 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

Physical Activity: At meetings or events lasting longer than 60 minutes, we will encourage employees to take care of their comfort needs, and we will schedule regular intervals for attendees to stand, stretch, and refocus.

Healthy Diet: At meetings or events where food will be served, we understand the value of providing healthy choices, and accommodating common preferences. This may include a selection such as fruits and vegetables, vegetarian options and drinking water.

We also understand that attendees may have dietary restrictions, and that reasonable food choices to accommodate those with certain food allergies should be made available.

We urge everyone to practice, support, and encourage all steps that make the healthy choice the easiest choice.

### **Announcement**

Ms. Mallar announced CAP (Cayuga Area Physicians) will be hosting a second in a three-part series about transforming health care in Tompkins County on May 17<sup>th</sup> at 4:45 p.m. at The Space at Greenstar. This segment will be on Patient Engagement and Making Informed Decisions". She distributed a flyer and invited members to attend.

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

Mr. Barber reviewed a document he provided to members that gave the background of work the Committee has done relating to wellness initiatives. He said the Consortium has a number of different employers that are not held together by anything other than they all pay health insurance premiums. Up to this point there have been efforts to try to have each employer take some responsibility for wellness on-site and that is still happening. The Blue4You Program is something that could be adopted Consortium-wide and the document is about building a case for doing that. The distributed document covers the ever increasing cost of health care, the wage changes over time, and why at collective bargaining negotiating these days everything is going towards the cost of health insurance. The OYOH Committee objective is to do something to bend that curve and the data shows that moving towards vast majority of subscribers using those programs can actually bend that curve.

Mr. Barber said one of the programs that has been analyzed in detail by the Business Case for Wellness Programs was the Local Home of Health model, a Blue4You program, in which people were told their numbers, given goals to work on, and after two years claims decreased by 21%. He noted it came with a price as people were given incentives to participate. He said his idea for bringing this forward was to gather the ideas that have been circulated by this Committee over the years for discussion. He hypothesized that rather than trying to push partners into wellness programs they aren't staffed to manage, it could be possible for the Consortium to offer a Blue4U type program as an a la carte program that would not be tied to any benefit plan and not necessary to be collectively bargained for inclusion.

Ms. Kippola said she would like to see the information condensed into a marketing piece. Mr. Barber said there are several audiences of which one is the Board of Directors and they would need to see detailed information. Once adopted there would need to be a condensed and concise marketing brochure. Mr. Schiele agreed with a statement contained in the document that the program would start with incentives to come later. It was stated that one of the greatest benefits of the program would be to have members know their numbers. Mr. Barber stated that Excellus has reported that the data shows that the majority of members are not getting their annual physical and do not know their numbers.

The following revisions to the document were suggested:

Paragraph two: Change “Intuitively, we know that healthy members generate very little health care expense” to “Intuitively, we know that healthy members are less likely to incur high health care expense.”; and

Change “Most chronic diseases are very easy to treat...” to “Most chronic diseases are easier to treat...”

Mr. Barber asked that further changes be provided to him and once the language is finalized he would present the information to other Consortium Committees.

Ms. Kippola suggested having testimonies from Consortium members who know their numbers and who can speak about what that knowledge has done for them. She said the Consortium now includes 28 municipalities and thinks it needs to look like a nicely marketed package. It was suggested that it be placed in a format that is familiar to members such as the newsletter. Mr. Barber will work on gathering some testimonies for the marketing piece and asked that any suggestions on this also be provided to him.

### **Promoting the Concept of Wellness**

There was a brief discussion concerning possible redesign of the Consortium’s website. Ms. Pottorff said she was in the process of communicating with Catalog and Commerce about the possibility of the Consortium being able to create a template exclusively for the Consortium. Mr. Schiele said if that could be done he would like to be involved in designing the template. He is also interested in having easily accessible and engaging information such as short video clips on the site to promote initiatives. It was also stated that its important to take advantage of technology such as mobile applications. Mr. Barber said the topic of how the Consortium communicates with its subscribers is something the Board should have a discussion about and suggested Mr. Schiele bring this issue up at the next Board of Directors meeting. Mr. Schiele suggested Jim Blizzard be asked if he would be interested in doing these videos and he will prepare something to present to the Board.

### **Next Agenda Items**

The following items will be included on the next agenda:

- Rollout of flu clinics for the Fall;
- Making the Case for Consortium-wide Wellness Program;
- Promoting the Concept of Wellness;
- Executive Director: Blue4You program, Outreach to Benefit Managers, Retreat update

### **Adjournment**

The meeting adjourned at 3:41 p.m.