

Greater Tompkins County Municipal Health Insurance Consortium
Owning Your Own Health Committee
February 20, 2019
3:00 p.m.
Legislature Chambers

Agenda

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| 1. Call to Order (3:00) | Servoss |
| 2. Additions or Amendments to the Agenda (3:02) | Servoss |
| 3. Approve Minutes of January 16, 2019 Meeting (3:02) | Servoss |
| 4. Executive Director Report (3:05) | Barber |
| 5. Wellness Consultant Six-Month Report (3:10) | Berry |
| 6. Update on Blue4U Roll-out (3:30) | Berry/Miller |
| 7. Telemedicine Enrollment Status and Discussion of Results (3:45) | Miller |
| 8. Adjournment (4:00) | |

Next meeting:

March 20, 2018

Owning Your Own Health Committee
Minutes – Draft
January 16, 2019 – 3:00 p.m.
Legislature Chambers

Present: Ted Schiele, Kathy Servoss, Judy Drake, Sarah Thomas, Jackie Kippola, Jim Bower (arrived at 3:06 p.m.), Leslie Moskowitz, Emily Mallar
Excused: Bev Chin
Absent: Tammy Morse, Tyler Jordan
Guests: Don Barber, Executive Director; Lisa Holmes, Deputy County Administrator; Greg Pelicano, Seneca County Director; Michelle Berry, Wellness Consultant; Beth Miller, Excellus; Ithaca College student

Call to Order

Ms. Servoss, Chair, called the meeting to order at 3:03 p.m.

Changes to the Agenda

There were no changes to the agenda.

Approval of December 12, 2018 Minutes

It was MOVED by Ms. Drake, seconded by Ms. Mallar, and unanimously adopted by voice vote by members present, to approve the minutes of December 12, 2018 as submitted. MINUTES APPROVED.

In response to a question from Mr. Schiele as to who the Blue4U Program is being offered to, Ms. Drake said at this it is only available to members who are in a Metal Level Plan.

Flu Clinic Update

Ms. Berry reported there were a total of 229 members who received a vaccination at a flu clinic; the total number of vaccinations administered including at a pharmacy and a doctor's office was 1,810 for a total of 2,039. The goal was to experience an increase of 10% (1,588) over last year's total and the actual number of in vaccinations represents an increase of 40% over 2018. Ms. Berry and Ms. Miller commented that the success was the result of good communication and teamwork. Ms. Berry also noted that efforts were made to communicate in ways other than just by e-mail and used the Tompkins County Highway Department as an example. At that location, postcards were developed and placed on vehicles as another way to reach employees. Ms. Berry said in addition, a new dropbox was created this year that contained information for municipalities to access and tailor to their employees.

Wellness Consultant Report

Ms. Berry said she is working on a six-month update that she will share with the Committee at its next meeting. She has been working closely with Mr. Barber and Ms. Miller on rollout of the Blue4U Program and developing a communication database that will allow for the sharing of information among all partners. She has been working with Seneca County and learning about its wellness program and has been gathering information that includes a pool of best practices that members will be able to share and utilize. She distributed a tracking form and information used by Seneca County as an example of ideas that can be used as a resource. Mr. Pellicano to about the tracking form and said this is what is being used by Seneca County; however, it is constantly being changed to keep it new and of interest to employees. Ms. Berry said she will continue to gather these resources as well as work with

municipalities who do not have a wellness program. She encouraged anyone with information they may think would be useful to share that information with her.

Ms. Berry said she continues to work on preventive health care language and a wellness logo and is working with Mr. Schiele to make the logo high-resolution. She spoke to wanting to work with this Committee on the importance of looking at not only what is put into our bodies but in how people interact with one another. She spoke to the global workplace economy and commented that workplace wellness between now and 2022 is forecasted to be a \$45 billion industry.

Ms. Berry said she provided the Committee a PowerPoint of the Global Wellness Summit and called attention to items contained in the report and said, with regard to employee health, studies show that unhappiness and loneliness will be as dangerous and expensive to employers as smoking; the report sites that happier workplaces are going to drive innovation by 300%. They are also saying the wellness lifestyle and particularly exercise, can reverse genetic disorders and predisposition to disease if people are physically active. The report also spoke of trends, stating that kitchens will change from a place where food is cooked to place of wellness to nourishing mind, body and spirit. She also presented information from a Cornell Cooperative Extension program entitled Healthy Food For All Program and said it could be something the Consortium could consider promoting to help lower-income individuals have access to nutrition and health products. Lastly, Ms. Berry provided information on a talk she will giving in Austin Texas at a conference in March on “Mindful Self-Care as an Anecdote to Burnout at Work”.

Mr. Barber commented that the good attendance at this meeting is a reflection of Ms. Berry’s energy and her successful work with the Consortium. He said the Board made a good decision selecting her to be the Consortium’s Wellness Consultant.

Role of the OYOH Committee: Interaction with Consortium and Subscribers

Mr. Barber said this item was deferred at the last meeting due to time constraints and asked Ms. Thomas to share ideas she held over for this meeting. Ms. Thomas said there was a lot of talk about what the roles should be moving forward and explained her vision of what this Committee’s relationship should be with subscribers. She sees committee members reporting on what they do at their municipality and sharing resources and going back to share ideas. She said she sees this Committee as developing ideas that can be pushed out to the municipalities which would mean the Committee would not interact with individual participants at the municipal level but meet and discuss what wellness should look like on the Consortium side and support tailoring to individual municipal environments. In addition to sharing information she said if there are programs that the Committee feels would be worthwhile to offer on a Consortium-wide level those ideas could be vetted by the Joint Committee on Plan Structure and Design and presented to the Board of Directors. She said it is important as Ms. Berry stated, to identify who the point person would be at each municipality for disseminating information and overseeing the implementation of ideas or programs.

Mr. Schiele said this makes a lot of sense but over the years what he has seen as an important piece of this Committee’s work being to market the general concept of a culture of wellness and doesn’t want to see this lost as different program ideas are gathered.

Ms. Moskowitz referred to examples of other programs providing incentives for wellness programs and said there was discussion at one point about sharing the philosophy at the higher level. She asked if in addition to sharing information about programs if there would be an effort to move in a direction to have similar Consortium-wide activities. Mr. Barber said the idea of

having incentives is something that has been brought up in the past but because the Board of Directors is made up of many small municipalities that don't have the financial or human resources to foster or implement an incentive program, it will take a lot more effort to bring them along. It will require a collective decision of the Board but up to this point the only collective decisions that have been made Consortium-wide have been related to having flu clinics and the Blue4U Program. He stated Seneca County has incentive programs and Tompkins County is thinking about an incentive program; as more subscribers are exposed to it, the more—the incentive topic will be raised.

Ms. Servoss said she sees the role of the Committee to be having the task of reporting back to municipalities or who members represent and making recommendations; however, it would be up to the municipality as to whether to move forward with a recommendation. Ms. Drake said she envisions this Committee making a recommendation on programs that it would want to offer on a Consortium-wide basis. She provided an example of the making a recommendation such as making the Blue4U program available to all subscribers which would also be accompanied with a recommendation of how it should be funded. A recommendation would also need to be presented to the Joint Committee on Plan Structure and Design and to the Audit and Finance Committee if funding is needed. Mr. Schiele commented that before any program is recommended it should first be fully vetted.

Mr. Barber responded to a question from Ms. Holmes with regard to the Committee's role in the Consortium and said its goals are in-line with Ms. Berry's work plan. Ms. Servoss said the Committee was created to reduce health costs and having preventive care is a lot cheaper than costs for medical treatment. Ms. Thomas said she sees the Committee as a venue to share resources and to come up with ideas to implement wellness programs that can be tailored to individual municipalities. She said creating wellness programs would directly relate to the goal of increasing productivity, reducing claims activity, the improving everyone's overall well-being. Ms. Moscovitz spoke of frustration she has experienced with regard to the lack of financial resources to implement wellness initiatives. Mr. Pellicano shared a similar frustration and said this is something Seneca County has been up against for ten years.

Blue4U Roll-out Plan Update

Ms. Miller explained the Blue4U Program is a biometric screening program with web-based or telephonic outreach assistance to members. The program is tied to Metal Level plans in the Consortium and as a result of going out to bid, Excellus has contracted with a new vendor, Integrated Health²¹, to administer the program. She said because the Consortium has enough members in the Metal Level plans this year, test sites will be able to be set up. The lab testing period has been set for February 1 thru March 15. Ms. Miller explained how data will be gathered and made available and said she is hopeful that more members will begin using the program. Mr. Barber commented that a new feature of the program is the ability for members to have their own physician report lab results and the health assessment. It was noted that the cost of the program has gone from \$150 to \$90 per claim. Communications with all of the Consortium's smaller municipalities will take place after a call is held tomorrow with Tompkins County, Seneca County, Ms. Drake, Ms. Berry, Mr. Barber, and Excellus. Ms. Maller stressed the importance of information being shared with the primary care physician and Mr. Schiele said the population that will benefit the most from this are those who have not had a physical exam for several years and those who do not have a primary care physician.

Report out on Wellness Activities – Seneca County/Healthy Food for All

Information on Seneca County's wellness program was shared earlier in the meeting. Ms. Berry said she and Mr. Barber will be gathering more information on the Healthy Food for

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All program and diet-related illness. Mr. Schiele said the Worksite Wellness Committee has not met for some time; however, he would like to see those meetings resume in the future.

Mr. Barber reported the Board of Directors met on December 13th and approved several contracts. The Executive Committee has been working through the process for hiring an Executive Director; a notice of the position was posted today with applications due by February 14th. In addition, the Committee has been working through a number of issues related to the 2019 start-up that were the result of communication issues. He will be developing a timeline for Excellus and ProAct to get information in a timely manner to avoid future start-up problems. The Joint Committee on Plan Structure and Design received a report on CanaRX. Mr. Barber said more outreach and marketing for the program is needed and although there was an increase in the number of prescriptions filled by CanaRX in 2018 over 2017 there is still a large number of prescriptions that qualify for the program and that would have resulted in another \$1.6 million in savings.

Mr. Barber reported the Audit and Finance Committee is working on a number of items, including what assets a departing member could take with them if withdrew from the Consortium and is also looking at the impact of participants not bringing all members into the Consortium. Ms. Drake said the Governance Structure Committee will hold its first meeting this evening. The Committee is charged with recommending an alternative governance model as the Board of Directors now has 45 members.

Next Agenda Items

The next agenda will include a six-month update from the Wellness Consultant.

Adjournment

The meeting adjourned at 4:16 p.m.