

**Owning Your Own Health Committee
Minutes - Approved
December 12, 2018 – 3:00 p.m.
Old Jail Conference Room**

Present: Ted Schiele, Kathy Servoss, Judy Drake, Sarah Thomas, Jackie Kippola, Jim Bower, Leslie Moskowitz, Bev Chin, Emily Mallar (arrived at 3:42 p.m.)
Excused: Olivia Hersey
Absent: Tammy Morse, Tyler Jordan
Guests: Don Barber, Executive Director; Michelle Berry, Wellness Consultant; Beth Miller, Ken Foresti, Excellus; Lisa Holmes, Deputy County Administrator; Corey Prashaw, ProAct (via conference call)

Call to Order

Mr. Schiele, Chair, called the meeting to order at 3:00 p.m.

Changes to the Agenda

There were no changes to the agenda.

Approval of October 31, 2018 Minutes

It was MOVED by Ms. Chin, seconded by Ms. Servoss, and unanimously adopted by voice vote by members present, to approve the minutes of October 31, 2018 as submitted. MINUTES APPROVED.

Establish 2019 Meeting Schedule

The Committee agreed to continue meeting the 3rd Wednesday of each month.

Flu Vaccine Update

Mr. Prashaw provided an update on the number of flu vaccines that were administered. Since he reported at the last meeting the number of members that went to a pharmacy to receive a flu shot went up from 360 to 525. This is in addition to the 229 vaccines given at flu clinics. Last year there were a total of 416 that went to a pharmacy for the flu shot; he noted this total included numbers from December and January and also included 14 members who attended the off-site clinic that was held by Kinney in Dryden. The total number of flu vaccinations totaled 854.

Mr. Prashaw referred to a comment that was made by Ms. Moskowitz at the last meeting relating to individuals over 65 being advised upon arriving at a flu clinic that they should get a different vaccine. He said he spoke to the pharmacist about this and she said throughout the clinics she provided the same information to everyone over age 65 that the CDC (Center for Disease Control) recommends a high dose flu shot for the over age 65 population that typically is not brought to a clinic. She informed those members about this CDC recommendation and advised them that she did not have the vaccine at the clinic but it is available at a pharmacy or a physician's office. She also said they could get the dose that was being administered at the clinic if they chose to. Some individuals were not happy that they didn't have this information ahead of time. Mr. Prashaw said next year there can be efforts to communicate this with members if the CDC continues with this recommendation. Mr. Barber noted that regardless of where a member receives a flu shot the overall goal is for people to receive one and purpose of the flu clinics is to provide another option to members that may be more convenient.

Wellness Consultant Report

Ms. Berry commented on her report dated November 26, 2018 that was included in the agenda packet. She said she learned a lot and observed great enthusiasm from the visits to the Village of Horseheads and the Town of Big Flats. Seneca County already has an established wellness team and they are looking forward to her meeting with them and discussing wellness opportunities and ways to share resources.

Ms. Berry said she and Mr. Barber have discussed bringing municipalities together to start or grow wellness programs with a goal to increase awareness and get buy-in around a preventive wellness culture. She will be taking what is learned and will continue to fine-tune the branding messages and finalize a logo for Board review in the Spring. She is continuing to supply content for the Newsletter and is looking at ways to take a database that she has created that contains contact information for everyone associated with the Consortium to do marketing and provide other information.

Ms. Berry said the place that needs more strengthening on her end is in the area of evaluating annual exams as a measure of wellness and she will be working on identifying metrics as well as work to engage subscribers. Mr. Barber said most of the Consortium's subscribers are not in a Metal Plan, therefore, they do not have access to the Blue 4U program. Ms. Miller said Nora Putnam is the new contact person at Excellus who can also help Ms. Berry get numbers of how many subscribers are using a primary care provider.

Ms. Berry said she will be meeting with Mr. Foresti on a monthly basis and will also be inviting those people who have been identified as the Consortium's wellness representatives and wellness champions to meet and share information and resources. She will follow-up with sites that held flu clinics and Mr. Prashaw to discuss what worked well and what can be done to further increase numbers next year.

Wellness Consultant Communication Pathways, Expectations, and Accountability

Mr. Barber referred to a document contained in the packet and said it pulls together the foundations for the Wellness Consultant and includes language that was contained within the Request for Proposals and the Work Plan that was developed after that.

Mr. Barber clarified he and Ms. Berry will answer questions of subscribers to the best of their ability but it is not their intent to take anything away from a human resources department. Although they would pass along any information they work on a broader level for the Consortium as opposed to with individual subscribers. The Wellness Consultant reports to the Board of Directors and is invited to attend those meetings; there is an expectation that the Wellness Consultant will attend meetings of this Committee. Although Ms. Berry does not report to this Committee, she and the Committee share the same goals and will have discussion of the goals, how they can be accomplished, and how both Ms. Berry and the Committee can be successful.

Mr. Barber spoke of the relationship between the Executive Director and the Wellness Consultant and said currently both positions are contractors and not employees of the Consortium. The Executive Director is responsible for carrying out Board directives and the Executive Directors' role is through contacts and experience to help the Wellness Consultant be successful. The Wellness Consultant is responsible to keep the Executive Director informed of their activities; the exchange is not supervisor/subordinate but rather to help each other be successful and to minimize duplicative effort.

Mr. Schiele said he appreciates the ability and willingness to keep the relationship organic to the point where it can be adjusted as it goes along as it will take time. He said the balance between the Consortium contractors and committee members interfacing with employee members compared to going to their own human resources department is something he finds interesting but also adds to confusion about how this Committee as well as the Consortium as a whole interacts with its members. Mr. Barber said the purpose of the Committee is to provide advice to the Board of Directors and they realize that in order to manage claims costs going forward a culture of wellness has to be created. Although everyone comes with experiences from where they work, and those experiences make the Committee effective, members don't represent anyone in particular.

Ms. Thomas offered to share ideas on this. In order to keep the agenda on schedule Mr. Barber said this is an important discussion that should continue and will include it on the next agenda.

Ms. Mallar arrived at this time.

Blue 4U Rollout

Ms. Miller said the Blue 4U Program is part of the Metal Level Plans and these plans are now an offering of every municipality within the Consortium, although some municipalities have not collectively bargained for the program to be in some union contracts at this point. The Program is a biometric screening that includes a wellness component and online services. In 2019 the vendor will change from Interactive Health Solutions to Integrated Health. There are three levels: the Blue 4U Start which is a finger prick, the Blue 4U Program which is attached to the Metal Level Plans (a five panel testing), and a Blue 4U Max (36 panel testing). Mr. Foresti said evidence shows that if people engage in regular activity and follow better nutrition that an impact can be made in their biometric screening numbers. A screening includes things such as a test of blood glucose, body mass index, cholesterol, triglycerides, blood pressure). It is a year-long program and based on the results of a screening there are educational materials and recommendations, tools, and webinars members can participate in. The program comes through as a claim and is built into the Metal Level Program and accounted for within the premium. The claim has declined from \$150 to \$90. Ms. Miller distributed sample information for the Committee to see the new look the information will have.

Mr. Schiele asked how a member could move from the middle program. Mr. Barber said a decision to move into one of the other programs would need to be made by the Board of Directors. Mr. Foresti said a member could have the blood draw done by their physician or have the results sent to their physician.

Ms. Miller said in past years there has been a struggle in rolling out the program because of the limited number of members who had the program available. With the additional municipalities in the Consortium and the increased number of members having access to the program she would like to the Committee to discuss the rollout at the next meeting. Mr. Schiele referenced a pilot that was run a few years ago and said one component of the program that was attractive to members was to be able to have blood draws at work sites. Mr. Foresti said the new company is willing to do this but has a minimum of 20 members who need to participate at a site.

Ms. Chin asked how physicians are educated about the program. Ms. Mallar said physicians want to have information that is collected on the network. Ms. Miller said she brings the information to her physician's attention and he's pleased that she is having it done. There was discussion about individuals who don't routinely have a wellness visit and those who don't

have a primary care physician and those being the biggest population for the program to target. Mr. Foresti said information could be provided to members to share with their physician about the program and noted this should not interfere with someone's annual preventive visit. Mr. Schiele suggested this could be an opportunity for an educational video.

Telemedicine

Ms. Miller distributed information on Telemedicine and said a presentation was provided to the Joint Committee on Plan Structure and Design at its last meeting. She said members should be directed to the website and to register for the program on or after January 1, 2019. She provided members with informational materials on the program that offers members another option to receive care for non-life threatening conditions either online or by telephone. Mr. Foresti said the information and the website provide information and tutorials on how to load the application on a device and register.

Ms. Mallar stressed that the program is a great and convenient resource but should not replace a relationship with a primary care provider. At Mr. Bower's suggestion Mr. Barber will see Consortium's website have direct links to the instructional videos by Excellus on the program.

Next Agenda Items

The next agenda will include continued discussion of how the Consortium interacts with its members and rollout of the Blue 4U Program.

--Adjournment

The meeting adjourned at 4:22 p.m.