



CONSORTIUM CONNECTION

Volume 8, Number 1: March 2023

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Message from the Chair, Board of Directors, Rordan Hart and Executive Director, Elin Dowd

The new year brings change at the Executive Committee level with several new Board members and a new Consortium Chair. During this transition, we are grateful to our Past Chair, Judy Drake, for her many years of service and for remaining on the committee for continuity.



Moving into the role of Chair for 2023 is Rordan Hart, Mayor of the Village of Trumansburg. Rordan has been in local government since 2007 and has served on the Board of Directors of the Consortium since its inception.

As our organization continues to grow, we are committed to reviewing our strategic objective to ensure we grow in a controlled environment with as little risk as possible. While we grow, we will remain vigilant so that our claims expense never outpaces our premium levels. Toward that end we are looking forward to reviewing the results of a project commissioned at the end of 2022 to audit our premium rates and review each plans projected performance based on those premiums. We hope this report will be completed soon so we can discuss the results and make any necessary changes.

As you may also be aware, the Department of Financial Services (DFS) is conducting a five-year audit of our operations from 2016–2021. Although DFS is still in the information gathering portion of the audit, we are eager to learn from this examination and implement any suggestions that will make our organization stronger. Although the audit itself can be a lengthy process, we know the dialogue with DFS can provide useful insight on areas where we can improve efficiency.

In 2019, the Board decided to bring administrative responsibilities in house by hiring an Executive Director, Elin Dowd, and in subsequent years we have added additional staff to our team. Our staff remains committed to providing you, our members, with exemplary customer service.



Please don't hesitate to reach out directly to the Consortium for support with your insurance and membership needs.

With potential new members already knocking on our doors for 2024, it is clear that the value of this organization to its members is unparalleled in the municipal Health insurance market. The Consortium remains the best option for controlling employee benefit expenses. We are available to help articulate the value of this organization to anyone who is not familiar with us, and we look forward to working with all of you to further our mission and vision of remaining a high quality, trustworthy, cost stable, and responsive service to our subscribers.

Best Regards,
Rordan Hart
Chair, Board of Directors
Mayor, Village of Trumansburg

Elin R. Dowd
Executive Director





WHY JOIN CANARX?

CANARX is the answer to the rising cost of prescription medications. With the CANARX program you can receive your brand name medication shipped directly to your door with no shipping charges or out-of-pocket costs. That's right, this program is available to you for ZERO COPAY.

How is this possible? The Greater Tompkins County Municipal Health Insurance Consortium pays less for medications with CANARX and passes savings along to members with a zero copay. It's truly a WIN-WIN and a way to keep a viable and affordable health plan for everyone.

The [GTCMHIC specific CANARX website](#) is waiting for you with a searchable medication list, video overview, expanded FAQs and downloadable enrollment material. (www.canarx.com WebID: **GTCMHIC**)

What would some extra money mean to you and your family this year?... Enroll today and start your savings!

**\$0 COPAY
BRAND-NAME
MAINTENANCE
MEDICATIONS
DELIVERED TO YOUR
DOOR FOR FREE**

CANARX
Simple. Safe. Smart.

**PRESCRIPTION
MEDICATION SAFETY-
A CORNERSTONE OF CANARX**

Safety starts with the source for **CANARX**. Medications are provided through certified pharmacies in Canada, the U.K. and Australia where standards meet or exceed those in the United States.

Call **1-866-893-6337** to see if your medication is available.



Learn more - visit our brand new, easier to use website **canarx.com** | WebID **GTCMHIC**.

The CANARX program is available to eligible members and their dependents of the Greater Tompkins County Municipal Health Insurance Consortium.

Labor Lens

Our Governance: Municipalities and Labor Working Together



The Joint Committee on Plan Structure and Design ("Joint Committee") met on February 2nd lead by their new chair, Kate DeVoe, and voted to renew the Joint Committee ByLaws for 2023.

The Joint Committee has seen more labor involvement in the last two committee meetings which has resulted in the nomination and filling of most vacant labor seats on the Board of Directors and other committees. The Operations Committee and the Board of Directors welcomed Brian Weinstein, City of Ithaca, IPFFA.

The Claims and Appeals Committee welcomed, Carol Sosnowski, Seneca County, CSEA Local 850 Unit 8650, and the Nominations Committee welcomed Kate DeVoe, Tompkins County Public Library, UAW 2300, as new members to the committees starting in 2023.

One labor seat vacancy still remains on the Consortium's Board of Directors. If you are currently a member of Joint Committee and are a labor representative for your municipality, please let us know if you are interested in filling the remaining vacancy. Email access is a must for communication purposes. Email: consortium@tompkins-co.org

March 2023 Food Drive: Drop Off Locations

Dept. of Emergency Response 92 Brown Rd, Ithaca, NY Monday-Friday 8:30am-4:30pm

Tompkins County HR Dept. 125 East Court St, Ithaca, NY Monday-Friday 8:30am-4:30pm

Groton Village Office, 143 E. Cortland St, Groton, NY Monday-Friday 8:30am-4:30pm

Dryden Town Hall, 93 East Main St, Dryden, NY Monday-Friday 8:00am-4:30pm

Homer Town Hall, 31 North Main St, Homer, NY Monday-Friday 8:30am-4:30pm

Village of Horseheads, 202 S. Main St., Horseheads, NY Monday-Friday 8:00am-4:00pm

In Honor of National Nutrition Month

Getting active for your health in 2023 can mean getting active in your community. All donations will be delivered to local food pantries to support the communities where our members reside.



2023 Blue4U Clinics

The Blue4U clinics, offer free biometric screenings that include fasting bloodwork, and are open to any subscriber and spouse/domestic partner enrolled in one of the Consortium's metal level plans, which include Platinum, Gold, Silver, or Bronze plans. These screenings include fasting blood work. In 2022, the Consortium saw a large increase in participation with a total of 749 participants. Out of the 749 participants, 621 did not meet one or more of the following healthy metrics:

- Blood pressure at or below 120/80
- Glucose below 100
- Low density lipoprotein (LDL or "bad" cholesterol) below 100
- Triglycerides at or below 150



417 Participants had one to five risk factors for metabolic syndrome. Metabolic syndrome is diagnosed when an individual has three or more of these cardiovascular and metabolic risk factors:

- Large Waist Measurements
- Low HDL (high density cholesterol or "good" cholesterol) levels
- High Triglyceride Levels
- High Blood Pressure (above 120/80)
- High Blood Sugar (below 100)

11% of the 2022 participants have metabolic syndrome which is a cluster of conditions that occur together that increases your risk of heart disease, stroke, and type 2 diabetes (Source: "[Metabolic Syndrome](#)," Mayo Clinic).

2023 clinics are being held in Tompkins County and Seneca County locations. To register and see a list of clinic sites visit:

https://www.integratedhealth21-blue4u.com/excellus_login.php

If a participant does not reach the healthy metrics they have free health coaching available through IH21, a contracted provider through Excellus for the Blue4U clinics.

Wellness

Wellness is the preventative health care that promotes health and prevents disease.

Virtual MD Live Class March 9, 2023 5:00 PM



Need an appointment outside of work hours or on weekends? Join this class to learn how to setup your free MDLive account.

Email: hcwellness@tompkins-co.org to be sent the class link.

Through Excellus' partnership with MDLive, you can schedule sick visits, therapist visits, and more via your phone, tablet, or computer-- wherever and whenever you need to.

April 18th 5pm Virtual Advance Care Planning Class

April is Advance Care Planning Month and to honor this wellness theme the Consortium is hosting a virtual class. The class is meant to help people understand the importance of advance care planning and reviews the tools available to help you complete a health care proxy and living will. The class is hosted by the Consortium in conjunction with their partnership with Excellus.

Anyone who joins the virtual class will be entered into a drawing to win a Rest of Your Life Planner.

This tool can help you organize the rest of your life including day-to-day tasks as well as important documents such as power of attorney, healthcare proxy, bank accounts, etc. It is never too early to start planning!



Email: hcwellness@tompkins-co.org to be sent the link for the class.

Maintain Don't Gain Holiday Challenge Winners

The Maintain Don't Gain Holiday Challenge (MDG) was held from November 2022 to January 2023. The challenge centers around trying to eat healthier around the holidays where the average person gains 3-5 pounds per year. In addition challenge topics included staying active in winter, and ways to relieve stress around the holidays.

This year was our first year hosting a MDG Facebook group which allowed more direct communication and connect with our subscribers. We were able to share healthy recipes, mindful moments, and ways to de-stress.

We had over 180 participants, which was the largest turn out we have had for this favorite wellness challenge. We hosted two mini challenges and had three grand prize winners.

Mini Challenges
Holiday Recipe Winner- Lynne Sheldon, Town of Ithaca
Mindful Moments Winner- Joy Foster, Town of Dryden

Grand Prize Winners- Abby Homer, Town of Ithaca, Valerie Skyes, City of Ithaca, and Amanda Forney, Seneca County



Packing Participation Prizes

Upcoming Open Meetings

Meetings are being held in-person. If you are interested in attending a meeting, contact consortium@tompkins-co.org for the location.

Claims and Appeals Committee

March 13 (3:30 PM)

Audit and Finance Committee

March 28 (3:00 PM)

Executive Committee

April 5 (3:30 PM)

The Consortium Connection

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