

MINUTEMAN NASHOBA HEALTH GROUP

Steering Committee Meeting

Bolton Public Library
Bolton, Massachusetts

Meeting Minutes

Thursday, June 12, 2014 at 9:30 a.m.

Steering Committee Members Present:

Donna Madden, Chair
Patrick McIntyre, Vice Chair
Tony Logalbo, Treasurer
Melisa Doig
Kerry Colburn- Dion

Town of Bolton
Town of Clinton
Town of Concord
Town of Groton
Town of Tyngsborough

Guests Present:

Marcy Morrison
Jason Fortin
Patrick Flaherty
Erin Hayes
Fred Winer
Carol Cormier

MNHG Wellness Coordinator
Fallon Health (FH)
Fallon Health (FH)
Tufts Health Plan (THP)
Tufts Health Plan (THP)
Group Benefits Strategies (GBS)

Chair, Donna Madden, called the meeting to order at 9:54 a.m.

Approval of the minutes of the May 28, 2014 meeting:

Kerry Colburn-Dion moved to approve the Steering Committee minutes of the May 28, 2014 meeting.

Tony Logalbo seconded the motion. The motion passed by unanimous vote.

Motion

Treasurer's update;

Tony Logalbo said he did not have a report through May but said that it appears that all continues to go well financially for the Group.

Wellness Program report:

Proposed 3- month budget - Marcy Morrison, MNHG Wellness Coordinator, reviewed her 3-month proposed wellness programming plan which had been previously distributed to the Committee by email. She described the following proposed programs:

A 6-week Couch to 5K program in the Groton area with running coach Chris Volente; a 6-week on-site yoga program in the Concord area facilitated by Serenity Yoga Center in Concord; an Employee Interest Survey; the Air.bo wellness tiles email-to-employees program; one-hour brown bag Lunch & Learns which Ms. Morrison would conduct at employer worksites; and personal Health Assessment (HA) Campaign. She reviewed proposed budgets and discussed proposed incentives for participation in each program. She showed the expected cost for all programs to be just short of \$3,000.

Ms. Morrison said that the Health Assessment could be promoted using the Air.bo emailings and the MNHG website.

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Donna Madden said that some employees are not using computers and so she would want to see a hardcopy version of the Air.bo tiles and other communications.

Carol Cormier asked Ms. Morrison about the success of finding wellness champions at each employer site.

Ms. Morrison said it was not going as well as she had hoped but that she is continuing to meet with the employers and is hopeful that she will get more involvement.

Patrick McIntyre moved to approve the proposed 3-month wellness program budget of \$3,000.

Motion

Melisa Doig seconded the motion. The motion passed by unanimous vote.

Wellness Stipends -

Carol Cormier reviewed what other joint purchase groups were doing about wellness stipends to participating employers.

Marcy Morrison offered to help each governmental unit to conceive of a program and submit it for approval.

Tony Logalbo said he would prefer to wait until after the summer programs before giving out stipends.

Donna Madden said that the Wellness Champions should be paid their stipends at the end of the year, in any case.

Ms. Morrison said she will get examples of guidelines for use of employer wellness stipends.

Tony Logalbo said that he thought dependents of the employees should be included in the wellness programs.

The Committee agreed with Mr. Logalbo and discussed employer mailings to each home regarding wellness programs. It was agreed that the mailing would refer to and promote the MNHG website as well.

Donna Madden said that postcard mailings to families is a good idea and asked Ms. Morrison to send suggested text for the postcards.

Jason Fortin suggested that the carriers could also do a mailing to members regarding their Health Assessments (HAs).

Tony Logalbo said that he would like to have a paragraph on the HAs to put on the Town of Concord's newsletter to employees. He said it should also go on town and MNHG websites.

Marcy Morrison agreed to do a paragraph on the Health Assessments.

Ms. Morrison said that at this time the health plans are not providing incentives for MNHG members to do the HAs. She said she proposed that MNHG raffle off twenty (20) \$25 gift cards as an incentive to do the HAs.

Erin Hayes said that Tufts could set up a gift card arrangement with a vendor but said that Tufts will want a signed agreement.

Tony Logalbo said that he has heard from employees regarding the annual wellness visits which are zero copay and the fact that when tests are ordered as part of the wellness visit, the member is charged towards the deductible. He said he wants a message to go out to employees that everyone should have the annual wellness check-up.

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Carol Cormier said that the Affordable Care Act requires that the annual physical be provided with no member cost-sharing and that there is a long list of tests for which the member is not to be charged. She said that members are charged if the doctor orders tests that are not on the list.

It was agreed that the list of tests that do not have a member cost-share should be posted on the MNHG website.

Tony Logalbo asked for reports from the health plans showing the number of well visits for MNHG compared to norms.

Other Business:

There was no other business.

Patrick McIntyre moved to adjourn the meeting.

Motion

Kerry Colburn-Dion seconded the motion. The motion passed by unanimous vote.

Chair Donna Madden adjourned the meeting at 11:13 AM.

*Prepared by Carol Cormier
Group Benefits Strategies*