

Greater Tompkins County Municipal Health Insurance Consortium
Owning Your Own Health Committee
August 23, 2017
3:30 p.m.
Legislature Chambers

Agenda

1. Call to Order (3:30) Schiele
2. Agenda Changes (3:30)
3. Approve Minutes of July 26, 2017 Meeting (3:32)
4. Executive Director's Report (3:35) Barber
 - a. Topics at other Consortium committee meetings
 - b. CanaRx update
 - c. Newsletter Update
5. Fall Flu Clinics (3:45) Prashaw
 - a. Review of marketing material
6. Discussion of Promoting the Concept of Wellness: (4:00) Schiele
 - a. Channels, methods, & resources for reaching our audience
 - b. Website
 - c. Instructional videos
7. Discussion "Making the Case for Consortium-wide Wellness Program (4:10) Barber
8. Worksite Wellness Coalition's "Put Fruit to Work" (4:20) Schiele
8. Next Agenda Items (4:25)
9. Adjournment (4:30)

Next meeting: September 27, 2017

**Owning Your Own Health Committee
Minutes – Draft
July 26, 2017
Legislature Chambers**

Present: Ted Schiele, Jackie Kippola, Leslie Moskowitz (arrived at 3:45 p.m.), Emily Mallar, Debby Kelley, Sharon Bowman; Kathy Servoss, Jim Bower
Guests: Don Barber, Executive Director; Corey Prashaw, ProAct

Call to Order

Mr. Schiele, Chair, called the meeting to order at 3:32 p.m.

Changes to the Agenda

There were no changes to the agenda.

Approval of Jun 28, 2017 Minutes

It was MOVED by Ms. Kippola, seconded by Mr. Kelley, and unanimously adopted by voice vote by members present, to approve the minutes of July 28, 2017 as submitted. MINUTES APPROVED.

Executive Director's Report

Report on Work of Other Committees

Mr. Barber reported the Board of Directors created a Governance Structure Committee to address the Consortium's growth as there are currently 33 Directors and the Consortium is continuing to grow. The Committee is looking at the best way for the Consortium to be structured and how to keep the increasing number of Directors engaged. The Audit and Finance Committee met yesterday and is looking at a premium rate increase of 5% for 2018. Also, the Committee was made aware that the Joint Committee on Plan Structure and Design is looking at making a change to the deductible for the Gold Metal Level Plan to allow it to continue to qualify to have a Health Savings Account attached to it. The change is necessary due to changes by the federal government. Mr. Barber reported the auditing process of medical claims is concluding and the auditing process for prescription drug claims is beginning.

CanaRX

Mr. Barber reported there were three individuals who signed up for the program in June; the Committee will continue to be updated each month.

Ms. Moskowitz arrived at this time.

Tele-Medicine

Mr. Barber reported there have been discussions about Tele-Medicine and at this time a shift to Tele-Medicine is not being recommended. He said it would be good to see local physicians do something with Tele-Medicine. Although usage may increase in the future, with 5,000 subscribers, Excellus currently has less than two percent of its members utilizing the program.

Flu Clinics

Mr. Prashaw distributed a revised draft schedule for the Fall flu clinics showing a total of 3 dates with a total of 6 flu clinics

Date	Morning Time & Location	Afternoon Time & Location
Weds., September 20 th	9-11 a.m. City of Ithaca Court	1-3 p.m. Tompkins Co. Human Services Bldg.
Tues., September 26 th	9-11 a.m. – City of Cortland Firehouse	2:30-4:30 p.m. Tompkins County Highway Department
Weds., September 27 th	9-11 a.m. Tompkins County Old Jail	1-3 p.m. Bolton Point

Mr. Prashaw said it is possible to add a 7th location and noted the cost will be \$30 compared to \$25 per vaccine in 2016 because ProAct will be using a quadrivalent vaccine instead of a trivalent vaccine in an attempt to cover more strains of the flu. Ms. Moskowitz asked that physical address be added to the marketing material. Ms. Maller pointed out a correction should be made to the document distributed by Mr. Prashaw to the line “How **DO** members sign up for a flu shot?”. Mr. Barber said a look is being taken at adding a 7th location near the Airport as there are several County departments and municipalities in that area. Efforts will be made to finalize the list of locations by the end of July. Mr. Barber noted that members may receive the vaccine at a pharmacy at no cost.

RESOLUTION NO. 015 - 2017 – AUTHORIZATION TO SPONSOR AND FUND FLU CLINICS FO 2017 AND CONTINUE PHARMACY BENEFIT TO COVER FLU VACCINATION

MOVED by Ms. Bowman, seconded by Mr. Bower, and unanimously adopted by voice vote by members present.

Mr. Barber said last year 26% of the Consortium’s covered lives received the flu vaccine, compared to the national average of 15%. He also noted that half of the people who received the vaccine last year did so at the office of their primary physician. With regard to marketing, Mr. Barber said whatever information is developed will be sent to human resources personnel in municipalities to distribute to their employees and retirees. Ms. Kippola was assured that all members would receive the same marketing information. Mr. Prashaw said a draft of the marketing material will be forwarded to the Consortium for approval prior to being distributed to benefit clerks.

WHEREAS, the Owning Your Own Health Committee has discussed the results and feedback from Consortium-sponsored flu clinics that were held in 2016 and believes the Consortium should continue to provide the opportunity for all eligible employees and retirees, spouses and dependents over the age of 19 to participate in flu shot clinics again in 2017, and

WHEREAS, when administered outside of a flu clinic a member is able to receive a vaccine with no co-pay or member cost through a medical provider as the cost is billed as a medical claim through Excellus, and

WHEREAS, the Committee recommends to continue to allow members to receive a vaccine at a pharmacy with no co-pay or cost to the member, now therefore be it

RESOLVED, on recommendation of the Owning Your Own Health Committee, That the Board of Directors authorizes the Consortium to sponsor and fund flu clinics in 2017 for its

members and authorizes ProAct, at the direction of each Consortium member, to develop and administer the clinics, and to submit a claim for payment by the Consortium for each shot provided to an eligible recipient at a cost not to exceed \$30 per shot,

RESOLVED, further, That the Owning Your Own Health Committee recommendations, that the Board of Directors authorizes ProAct to add a pharmacy benefit to all Consortium members' coverage to allow members to receive a vaccine at any pharmacy with no co-pay or cost to the member.

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Promoting the Concept of Wellness: Website and Instructional Videos

Mr. Schiele said there has been discussion at this Committee about visually disconnecting the Consortium's website from Tompkins County to make it easier to find information and potentially easier to update. He said the Website Committee met yesterday and had a productive meeting and will be meeting again soon to discuss design options with the vendor that runs the County's website. There was discussion about whether to move the site to a different vendor but it is likely the site will remain with Discovere-gov unless there are significant design restrictions. Mr. Schiele said there is a website: www.lifetimebenefitsolutions.com that members felt has a very workable template for the Consortium as it segments the target visitor into an area where they would easily be able to find information they need.

Mr. Schiele reported it will cost an additional \$900 to make the site mobile-ready which the Committee felt was an expense well-worth the cost.

The Committee will meet next on August 7th; Discovere-gov will attend via video conference.

Instructional Videos

Mr. Schiele said there is no update since the last meeting; however, he encouraged members to view a sample video that can be found the Medicare website.

Making the Case for Consortium-wide Wellness Program

Mr. Barber said he received a number of comments on the document he distributed last month and as a result of those comments he had a discussion with Joe Mareane, County Administrator. He then followed up with a conversation with Beth Miller of Excellus to gather further information to make the "Making the Case" a stronger document. He said the Committee has been talking about the Blue4YOU program which is a disease management system as opposed to a lifestyle management system and the savings come from moving people from being high risk to a lower category of risk. He said the Excellus utilization report showed that 40% of the Consortium's covered lives had an annual physical during the year. He said he is working with Excellus to find out what percentage of the Consortium's lives actually had preventative health care because should the Consortium use the Blue4U program it would be good to know how many people who are not currently seeing a primary physician would take advantage of the program.

Mr. Barber questioned whether it would be better for the Consortium to work with Guthrie and/or Cayuga Area Physicians (CAP) to encourage members to have their annual physical and have their bio-metrics measured at that time and the costs of that approach versus the costs of the Blue4YOU program. He spoke of what savings the Consortium could realize and said past

utilization data shows that 18-20% of the Consortium's covered lives make up 80% of claims costs and said Excellus is gathering information on how many of those individuals specific to the Consortium had an annual physical within five years of incurring those costs. Ms. Moskowitz said she would like to know from that data how many of those cases were related to chronic disease or catastrophic circumstances. Mr. Barber said there were unusual cases but many were from chronic disease.

Mr. Schiele said this addresses situations of chronic disease but doesn't address the area of prevention and a goal of the Blue4YOU is to get people who don't go to the doctor to find out their health situation to prevent a potential future health condition. Mr. Barber said this is the reason to try to determine if those individuals who are currently in a high-risk category had ever had their numbers tested. Ms. Mallar said during the first year of these programs there are usually many people identified who didn't know they were pre-diabetic or pre-hypertensive and by seeing a specialist there can be long-term savings because their health condition didn't progress. Mr. Barber spoke of the importance in getting support and said by gathering more information the hope is that a more powerful and convincing argument can be made to move forward.

Ms. Moskowitz said there are other programs other than the Blue4YOU program and said she would like to have additional information on what can be done locally (City of Ithaca employees) to make any program successful. She stressed there needs to be marketing of any programs that are being offered. She suggested information include a statement that this is only beginning of a larger initiative and to state that this is what the Consortium is doing but won't be successful without other local activities going on and examples of what others need to be doing. Ms. Mallar suggested information on how to access primary care physicians could be made available at the flu clinics and benefit events for members.

Mr. Barber will provide the Committee with an updated document once he receives information from Excellus. Ms. Servoss requested new members receive a copy of the original information Mr. Barber distributed.

Next Agenda Items

The following items will be included on the next agenda:

Update on flu clinics for the Fall;
Worksite Wellness Coalition's Put Fruit to Work;
Making the Case for Consortium-wide Wellness Program; and
Marketing – Website, instructional videos; and
Blue4YOU enrollment update

Adjournment

The meeting adjourned at 4:30 p.m.