

## Owning Your Own Health Committee

Legislature Chambers

February 17, 2016

1:30 p.m.

APPROVED

Present: Ted Schiele; Don Barber; Bev Chin; Jackie Kippola; Debby Kelley; Via conference call: Ken Foresti, Beth Miller, Excellus; Connor Cornelius, Joe Furlin, Interactive Health Solutions

### **Call to Order**

On behalf of Mr. Cook who was unable to attend, Mr. Barber called the meeting to order at 1:41 p.m.

### **Approval of Minutes of January 20, 2016**

It was MOVED by Ms. Kelley, seconded by Mr. Schiele, and unanimously adopted by voice vote by members present, to approve the minutes of the December 16, 2015 meeting.

It was MOVED by Ms. Chin, seconded by Mr. Schiele, and unanimously adopted by voice vote by members present, to approve the minutes of the January 20, 2016 meeting.

### **Changes to the Agenda**

Mr. Barber added an update on the Consortium Logo to the agenda.

### **Executive Director's Report**

Mr. Barber said when preparing to discuss attendance at these meetings with the Board of Directors he recalled this Committee had never been formally given a charge. He then drafted Resolution No. 001-2016 and it was approved at the January 28, 2016 officially creating, charging, and establishing membership of this Committee.

Mr. Barber announced the next educational retreat will be held on May 10<sup>th</sup> and it will focus on how premium rates are developed. He said this Committee was instrumental in helping to create the Mission and Vision Statement for the Consortium and reported that it was unanimously adopted by the Board of Directors at its last meeting.

He provided a brief report on the Consortium's 2015 budget results and stated it was a very good year. Medical claims were 19% below budget and the Consortium was able to add \$5 million to its fund balance. He was informed by Cornell and Ithaca College that they did not have the same experience. Committees will be looking at the Excellus and ProAct reports to see if there were any changes in utilization and if anything can be gleaned from the information to identify the causes for the low amount of claims. He said one thing that is known is that the number of large losses was significantly reduced from the previous year.

Mr. Barber provided an update on the Consortium Newsletter and said he has been working with Ted Schiele, Marcia Lynch, and Kait Clarke from Ithaca College. Each newsletter will contain a feature article, sections on labor, wellness, and a calendar. The first newsletter should be complete by the first week in March. He noted it is a work-in-progress and welcomed suggestions from members of the Committee.

Mr. Schiele provided an update on the Worksite Wellness Coalition and said he has received preliminary confirmation from Cornell Cooperative Extension that at the March 10<sup>th</sup>

meeting someone will be in attendance to discuss CSAs (Community Supported Agriculture). Mr. Barber said the Coalition is working on establishing an organizational structure document that will outline expectations and leadership. Mr. Schiele said there are currently close to ten organizations represented at those meetings.

Mr. Barber spoke of the Logo competition and distributed a draft wording content for the flyer that will be circulated to advertise the competition and welcomed members to provide feedback. Submissions will be due back around mid to late April with the Board to determine the winning logo at its May 26<sup>th</sup> meeting.

The following suggestions were offered:

- Mr. Schiele recommended submissions be required to be in .pdf format and submitted electronically;
- Submissions could include conceptual designs that may not be final or polished;
- Ms. Kippola asked that language be included that all submissions will become the property of the Consortium; and
- Mr. Schiele requested members provide an image of the flyer that could be posted on Facebook.

Mr. Barber will provide the Committee with a copy of the final flyer.

### **Overview of Blue4U Website**

Conor Cornelius, IHS Account Manager, walked the Committee through different aspects of the website tool members who are enrolled in the Blue4U program have access to.

During the presentation it was noted by members that there were no available locations in Tompkins County for members to have a blood draw. The Committee felt not having an option in Tompkins County is not only a barrier in terms of travel, but also in how the program could be perceived by members. Other items noted included:

- A spouse would have to be enrolled in an employee's health plan to be have access to health screening;
- The health screening questionnaire can be done online or by paper;
- In order to be a participant in the Blue4U program the member has to participate in an appointment at one of the blood draw labs; and
- There is no additional charge for a six-month recheck.

### **Options to Expand Blue4U Benefit**

Mr. Barber said when a conference call took place earlier with IHS and the benefit administrators a question came up about rolling this out to other benefit plans and making the Blue4U benefit available to other members and asked the Committee to offer input on this. Ms. Chin said she would like to know if members who have access to the program are using it before opening the program up to others and incurring an additional expense. Mr. Schiele said because of the low number of lives that would now be participating in the program it will take a while to be able to do a reasonable evaluation. Members said they would like to know if the Blue4U option was added onto other benefit plans what the impact on premium be.

### **Committee Goals**

Mr. Barber said there needs to be discussion by this Committee of how to engage and incentivize wellness ambassadors. This is a person or committee within each organization that is recognized by upper management that they are the wellness team and would provide initiatives that are broadly endorsed and advertised throughout their municipal government. He referred to a document contained in the agenda packet that contained the following ten secrets of successful wellness teams:

The Wellness Team:

1. Members are formally appointed;
2. Members have wellness written into their job description;
3. Is promoted throughout the organization;
4. Has strong leadership;
5. Includes people from different areas and levels;
6. Meets regularly;
7. Has a formal agenda;
8. Keeps minutes;
9. Communicates frequently; and
10. Participates in continuing education

He asked members to provide feedback and ideas for ways to encourage wellness ambassadors or what the Consortium might do to encourage employers as partners to become ambassadors. He said municipalities were offered a sample wellness policy which is included in the Orientation Manual and some have adopted a policy.

Ms. Chin and Mr. Schiele spoke of the value in bringing wellness ambassadors together with others to share information and suggested employers appoint someone from their municipality to the Worksite Wellness Coalition or to have one or two Consortium-wide gatherings of wellness ambassadors each year to share information.

Mr. Schiele suggested the Consortium consider providing a small amount of grant funding to keep a wellness committee functioning at a particular worksite.

Mr. Barber asked the Committee to make suggestions on future newsletter content. Ms. Chin suggested highlighting a wellness initiative of one of the employers within the Consortium such as the snack program at the Health Department.

### **Next Agenda**

The following items will be included on the next agenda:

Newsletter review and suggestions for next issue;  
Worksite Wellness Coalition report

### **Adjournment**

The meeting adjourned at 2:55 p.m.