

Owning Your Own Health Committee

Legislature Chambers

March 16, 2016

1:30 p.m.

APPROVED

Present: Jackie Kippola, Ted Schiele, Don Barber, Emily Mallar, Bev Chin, Olivia Hersey, Debby Kelley; Beth Miller, Ken Foresti, Excellus; Conor Cornelius, Interactive Health Solutions (via conference call)

Call to Order

Mr. Barber called the meeting to order at 1:31 p.m.

Changes to the Agenda

There were no changes to the agenda.

Approval of Minutes of February 17, 2016

It was MOVED by Ms. Kippola, seconded by Ms. Kelley, and unanimously adopted by voice vote by members present, to approve the minutes of the February 17, 2016 meeting as submitted. MINUTES APPROVED.

Executive Director's Report

Mr. Barber said the first Newsletter has been circulated and welcomed any comments. Ms. Mallar commented on the article concerning emergency room care versus urgent care and suggested to include information about visits to primary care as many services provided in visits to urgent care centers could be handled in primary care offices. Mr. Barber received positive feedback on the use of fonts, graphics, and content contained in the first issue. He asked for suggestions for the next issue that will come out in June. The following suggestions were made:

- Mr. Foresti suggested including information on Men's Wellness Month which is June;
- Ms. Kippola will provide a graphic for good ergonomics in the workplace; she also suggested including information on back injuries and proper lifting techniques;
- Mr. Schiele said he was told at a meeting last week that Sea Change Chiropractic offers free ergonomic assessments and is trying to make arrangements to have them speak at a Wellness Coalition meeting. He will provide the Committee with information he has and noted this is a suggestion and not an endorsement.

Mr. Barber announced the Logo contest will begin on March 21st. He also reported the Joint Committee on Plan Structure and Design will hear a utilization report on prescription drugs in April from ProAct and in May the Committee will hear from Excellus on utilization for the medical side. Prescription drug claims were slightly over budget in 2015 and medical claims were significantly under budget in 2015. He said it is important to understand and encouraged members to attend that meeting to hear information and ask questions.

Update on Worksite Wellness Coalition

Mr. Schiele reported the Coalition had a good meeting last week and said there needs to be an increase in attendance by people who are not vendors or wellness service providers but who are more wellness leaders at their workplace. The speaker at last week's meeting was Avi Miner from Cornell Cooperative Extension who talked about CSA's (Community Supported

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Agriculture) and bringing them into the workplace. The next meeting is May 12th. Anyone who would like to be on the mailing list should let him know. The current co-chairs are Beth McKinney and Leslie Moskowitz. He explained how the Coalition's work differs from this Committee and said it focusses on having worksite wellness programs at the workplace and finding things to keep them motivated.

Ms. Chin announced the American Heart Association will be sponsoring an all-day the Regional Executive Wellness Summit on May 5th in Binghamton. Last year there were several speakers who spoke on wellness subjects and it was very interesting and informative. Information that comes available will be provided to members.

Blue4U Rollout

Ms. Miller said the metal level plans comes with the Blue4U wellness component; however, during the rollout it was determined that there was a shortage of labs within the Ithaca area. Mr. Cornelius said although there were efforts that were unsuccessful to add a lab at Cayuga Medical Center, Integrated Health Solutions did receive a signed agreement from 5-Star Occupational Medicine in Ithaca and they have been added to the data base. He said two people in Cortland County have signed up for the program and information has been sent to those members.

Ms. Mallar questioned why the efforts to get a lab through Cayuga Medical Center were not successful and information was not available. Ms. Mallar said she would look into this.

Ms. Miller said she has communicated with Ms. Jobin in Tompkins County Personnel, about the addition of the Ithaca lab and asked if the concerns related to the marketing material had been resolved. Mr. Barber said that other issues related to the correct name of the Consortium and clarification that there is no incentive program attached and those have been resolved. He said Ms. Jobin expressed concern about not having enough resources to do the rollout of the program. Mr. Barber asked that as Ms. Miller works with Ms. Jobin on this that she include Sharon Dovi of TC3 on the communications.

Mr. Schiele asked if other lab sites could be considered and suggestions were made including Family Medicine Associates, Dryden Family Medicine, and Guthrie Medical. Mr. Cornelius said they would reach out to other lab sites as information is provided. Ms. Miller will follow-up and provide him with this information and members were invited to make additional suggestions to either Ms. Miller or directly to Mr. Cornelius. Ms. Miller will provide an update at the next meeting on the rollout at the next meeting

Committee Goals

Mr. Barber reported Mack Cook has resigned from the position of Committee Chair and said a replacement will need to be found. Mr. Schiele expressed interest and asked if the Chair should be a Director. Mr. Barber said he will be talking to the Board of Directors about this at the next meeting and will share the feedback he receives.

Mr. Barber said there has been discussion at previous meetings about making the Blue4U program available to everyone in the Consortium and not just those enrolled in a metal level plan. There will be a retreat on May 10th that will focus on how premium rates are developed and that will be a good time to discuss that. Mr. Barber said this Committee would need to discuss the political side (i.e. how to introduce this to a municipality and to promote it

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where this is not part of the benefit plan). Mr. Schiele said it is very difficult to promote something that is not available to everyone and this program is only available to a very small number of people. Mr. Foresti suggested stressing this is a year-long program that comes with health coaching.

Mr. Barber said the County would be impacted by this discussion; therefore, Ms. Jobin and Ms. Guerri should be aware it is being discussed. Mr. Schiele suggested informing Steve Wright, the Blue Collar representative for the County; Mr. Barber will contact him.

Next Agenda

The following items will be included on the next agenda:

Update on Blue4U Rollout;
Discussion of Committee Chair position;
Discussion of extending Blue4U program to all Consortium members;
Report on ProAct Utilization report presented to Joint Committee on Plan Structure and Design;
Newsletter; and
Logo contest update

Adjournment

The meeting adjourned at 2:40 p.m. Members who were able to stay observed a Walking Works Program webex by Excellus.

Respectfully submitted by Michelle Pottorff, Administrative Clerk