

Owning Your Own Health Committee
May 21, 2014 – 9:30 a.m.
Scott Heyman Conference Room

Present: Mack Cook, Ted Schiele, Jackie Kippola, Bev Chin, Emily Maller, Leslie Moscovitz
Guests: Ken Foresti , Excellus; Ashley Ahmadipour, ProAct

Call to Order

Mr. Cook called the meeting to order at 9:35 a.m.

Approval of Minutes of March 19 and April 16, 2014

It was MOVED by Mr. Schiele, seconded by Ms. Kippola, and unanimously adopted by voice vote, to approve the minutes of the March 19, 2014 meeting with the clarification submitted by Mr. Schiele and the April 16, 2014 minutes as submitted. MINUTES APPROVED.

Ms. Moscovitz arrived at this time.

Flu Clinic

Mr. Cook reminded the Committee that the Board of Directors approved funds for flu shots in 2014 for all eligible participants in the Consortium and thinks the logistical controls can now be turned over to ProAct.

Ms. Ahmadipour briefly reviewed the process that took place last year when certain municipalities held flu clinics. She said the only difference this year is that the Consortium is going to pay the cost of the vaccinations but it will still be up to each individual entity to let ProAct know if an entity is interested in holding a clinic. If two small entities would like to join together to hold one they would gladly administer that type of arrangement as well. The cost will remain the same as last year at \$25. If any entity would like to cover the cost of non-Consortium participants, ProAct could break out those costs and bill municipalities for that amount.

The information Ms. Ahmadipour would like to have by June 30th includes:

- What entities are interested in holding a flu clinic and whether they would like to combine with another entity;
- Expected number of vaccines to be administered; and
- Whether the entity would want to do the scheduling for the flu clinic or have ProAct handle this at no additional cost.

Ms. Ahmadipour will work with Ms. Pottorff on drafting and distributing a letter to all health insurance clerks in municipalities in addition to the Board of Directors. Ms. Kippola suggested that in addition to an e-mail that a paper copy also be sent to the clerks. A copy of the resolution adopted by the Board of Directors will be attached to the letter to show the Board's support for the clinic.

Health Screening Pilot Program

Mr. Cook said the two pilot programs are about ready to kick off (June 12th) in the City of Cortland and the City of Ithaca. The task that is now before this Committee is to determine what information members want to derive from the program to gauge a recommendation back to the

Board of Directors on its merit and validity. He said a six-week period will be very subjective and posed the following questions:

- What are we trying to gauge out of the pilot program and the participants?
- How do we want to create and distribute a survey?
- What information are we seeking from the participants?

Ms. Moscovitz said she would like to know:

- If participants felt the program was worthwhile and if they would recommend it to others;
- If participants did anything different as a result of their participation in the program; and
- How the programs would be compared and how one would be chosen over another.

During discussion the following questions were suggested:

- How did the participant find access to the program?
- Did they draw blood in the most unintrusive manner possible?
- Do you think it was a benefit?
- Was the coaching a benefit to you?
- Did your behavior change?
- Is this the first time you have participated in this type of program?
- Did you learn something?
- Did/would you make any changes?
- Would you take it again?
- Would you make any changes based on what you have learned?

Ms. Moscovitz said access and interpersonal skills and coaching might be what distinguishes one program from the other.

Ms. Mallar suggested, and others agreed, that it would be useful to have a pre-program survey for users to take before participating that could be compared with responses from the post program survey. Mr. Schiele and Ms. Chin volunteered to work together to draft an initial survey for the Committee to discuss at the next meeting.

There was also consensus that when the surveys are ready that Survey Monkey would be used.

It was noted that all HIPPA regulations would be fully intact with these programs.

Discussion of Local Government Efficiency Grant Program

Mr. Cook reported this is grant-writing season and suggested filing an application to try to find funding to design a wellness program. He said funds are often there to implement a wellness program, however, they are not there to design a program. He said there is a program that exists for local governments called the Local Government Efficiency Program and offered to file an application with the State to provide funding necessary to engage experts to come up with what a wellness program would look like.

Ms. Chin said the CDC website contains information and she and Mr. Schiele are working on designing wellness programs for employers. Mr. Schiele said as a member of the Health Department staff he would volunteer his experience to this. Mr. Cook said he would like to find a model that municipalities could adopt in whole or in part if they choose; his goal would be to provide something that could be provided as a template. Mr. Schiele said based on his current work and experience, a template and guide could be developed and provided to municipalities that are interested.

It was agreed that the expertise to develop a program template exists in-house and money would be needed to implement programs and Mr. Cook will focus on funds for implementations. At the next meeting there will be discussion of what resources the Consortium has.

Continued Discussion of Health Policy and Wellness Statements

It was stated that in an ideal situation you would want each workplace to have its own culture of wellness. Mr. Schiele said he doesn't think this would preclude the Consortium from also having its own statement in support of wellness and said they have found it valuable for an entity to develop its own mission statement. It was suggested that municipalities could be provided a simple wellness statement that they could modify and adapt to as they move forward.

There was discussion about the goal of reducing costs and how that relates to having a wellness program and municipalities adopting wellness statements. Ms. Moscovitz said a problem she sees is there not a "microphone" for the Consortium. Mr. Schiele said this is something that could go into the Consortium's overall mission statement. He would not expect individual entities to adopt a mission statement that addresses lower costs for the Consortium as they would be more employee-focused. He said the Consortium's wellness statement could be more finance focused and include a statement that says it "encourages entities to adopt best practices for a healthy workforce in order to support lowering overall Consortium costs."

At the next meeting there will be discussion of what we want to accomplish as a wellness committee, what the Consortium's role is, and what is envisioned for the Consortium.

New Business

Mr. Foresti reported June is Men's Health Month and he will be sharing information with the Consortium.

Adjournment

The meeting adjourned at 10:50 a.m.