

**NOTES OF THE  
CAPE COD MUNICIPAL HEALTH GROUP**

**Steering Committee Meeting**  
Wednesday, October 18, 2017, 9:00 AM  
COMM Fire District,  
Centerville, MA

**MEETING MINUTES**

A meeting of the Steering Committee of the Cape Cod Municipal Health Group (“CCMHG”) was held on Wednesday, October 18, 2017 at 9:00 AM at the COMM Fire District, Centerville, MA

The following people attended:

**Steering Committee Members Present:**

Skip Finnell, Steering Committee Chair  
Noreen Mavro-Flanders, Board Chair  
Christopher Clark  
Debra Blanchette  
Denise Coleman  
Deb Heemsoth  
Marie Buckner  
Susan Wallen

Dennis-Yarmouth RSD  
County of Dukes County  
Town of Harwich  
Town of Barnstable  
Town of Falmouth  
Town of Dennis  
Town of Sandwich  
Nauset RSD

**Guests Present:**

Rich Bienvenue, CPA  
Deanna Desroches  
Aaryn Pure  
Ken Jenks  
Mickey Fredericks  
Jillian Douglass  
Jody Hoffmann  
Jacki Rivero  
Kathleen Isernio  
Krystal Abrams  
Nancy Ward  
Cindy Richards  
Katherine Milligan  
Jill Beaumont  
Rose Crosby  
Susan Broderick  
Lisa Vitale  
Ray Pirrone  
Tracy Scalia  
Rosemary Moriarty  
Miriam Spencer  
Laura Scroggins  
Laurie Ball  
Bill Hickey  
Garbrielle Pitcher  
Bill Rowbottom  
Nina Conroy

CCMHG Treasurer  
CCMHG Wellness Consultant-Mainland  
Livongo  
Dennis-Yarmouth RSD  
Dennis-Yarmouth RSD  
Town of Chatham  
Town of Provincetown  
Town of Eastham  
Monomoy RSD  
COMM Fire District  
Bourne Water District  
Town of Orleans  
Town of Orleans  
Upper Cape Tech  
Upper Cape Tech  
Town of Brewster  
Town of Brewster  
Towns of West Barnstable & Cotuit  
Town of Mashpee  
Town of Wellfleet  
Town of Wellfleet  
Town of Barnstable  
Town of Dennis  
Harvard Pilgrim Health Care (HPHC)  
Blue Cross Blue Shield of MA (BCBS)  
Blue Cross Blue Shield of MA (BCBS)  
Delta Dental of MA

Carol Cormier  
Chris Nunnally  
Karen Carpenter

Group Benefits Strategies (GBS)  
Group Benefits Strategies (GBS)  
Group Benefits Strategies (GBS)

Skip Finnell, Steering Committee Chair, called the meeting to order at 9:07 AM.

**Approval of minutes of the October 11, 2017 meeting:**

The minutes of the October 11<sup>th</sup> meeting were not available at this meeting.

**Diabetes Care Management programs:**

Carol Cormier introduced Aaryn Pure, Livongo, a diabetes management company, and said he was here to speak to the Board following his presentation to the Steering Committee.

Aaryn Pure said the Livongo program is a comprehensive diabetes program they have rolled out to big corporations. He said their cellularly-enabled glucose meter gives data in real time, with real time response. He said the program includes personalized coaches, certified nurses and physicians. Mr. Pure said when a member has poor readings, there is a 24/7/365 reachout. He said the program combines technology with clinical intervention. Mr. Pure said Livongo currently has approximately 50,000 members being monitored.

In response to a question asked about transmission of the data when not in range, Mr. Pure said the meter will still work to provide readings to the member and the data will be stored and transmitted when back in range. He said a cell phone is not needed with the meter. He said there is an app for a smartphone, but that is a small part of the program.

Mr. Pure said they look at 1 or 2 years of potential clients claims data to estimate the expected savings. He said the savings is typically 5% to 8%. He said 90% of those participating in the Livongo program are Type 2 diabetics. Mr. Pure said there is usually a 25% to 40% participation rate and several types of communications to the members works best to get the word out.

Mr. Pure said he spoke with Chris Nunnally at GBS to let him know that Livongo will discount their regular fee of \$75 per participant for CCMHG only. He said that cost also includes promotional communications.

Carol Cormier noted that the Medicare plans prescription portion is fully insured and members of those plans would not be eligible for this program as they are not eligible for the current diabetes program administered by Abacus Health Solutions.

Carol Cormier said prior to the the next agenda item, she wanted to let the Committee know that BCBS gave an incorrect Blue Medicare Rx rate. She said the rate was incorrectly stated as \$150 and the correct rate is \$177. Ms. Cormier said that will increase the rates of the Medex and Managed Blue for Seniors plans that were presented at the last meeting. She said the corrected Medex plan rate is \$356, not \$322, and the Managed Blue for Seniors plan rate is \$352.

Christopher Clark made a motion to rescind the previous vote and to recommend to the Board the rates as presented at today's meeting.

|        |
|--------|
| Motion |
|--------|

Debra Heemsoth seconded the motion. The motion passed by a unanimous vote.

**BCBSMA and Harvard Pilgrim Rx formulary changes:**

*Harvard Pilgrim Health Plan* - Bill Hickey said a copy of the information about the redesign of the active employee plans' Rx formularies is included in the Board meeting packet. He said historically every

prescription that was FDA approved was available through Harvard Pilgrim. Mr. Hickey said prescription drugs are the major cost driver now, and on January 1, 2018 Harvard Pilgrim will be eliminating coverage for a large number of brand name drugs for which there are lower cost generic equivalents or therapeutic alternatives. He said 75 CCMHG members were affected by the change and will receive personalized letters. Mr. Hickey said physicians can send in a request for an exception for those members who have to remain on the brand name for medical reasons.

Mr. Hickey also said the mail-order prescription service vendor will be changing from Walgreen's to MedImpact Direct effective October 1, 2017.

Mr. Hickey said letters are being sent out to members informing them of the changes.

*Blue Cross Blue Shield* - Gabrielle Pitcher said as previously discussed, in an effort to control the rising cost of prescription drugs, BCBS made a decision to change the tiering of a number of drugs and to eliminate a few others. She said in addition to managing costs, this decision will reduce the premium portion of the Medex plan. Ms. Pitcher said the final list of the changes is now available and included in the Board meeting packet. She said BCBS is unable to send letters to specific members affected, but the changes will be included in the yearly notice and available at the health fairs.

Susan Wallen joined the meeting.

**Recommendations for officers and Steering Committee for CY18:**

Christopher Clark made a motion to recommend the current slate of officers and Steering Committee members to the Board.

|        |
|--------|
| Motion |
|--------|

Debra Blanchette seconded the motion. The motion passed by a unanimous vote.

**Discussion about Cape Cod Health Care presentation from 10/11/17:**

Skip Finnell said the Chris Brown spoke fast when he gave the presentation at the October 11<sup>th</sup> Steering Committee meeting. He said one of the topics he was hoping they would discuss is what they could do with CCMHG about the opioid crisis.

Carol Cormier asked Bill Hickey and Garb Pitcher to send non-confidential claims data to her about this issue within the CCMHG population.

Noreen Mavro-Flanders said the presentation seemed to be more of a marketing effort rather than giving information about how they would be able to collaborate with CCMHG. She said she was expecting a different type of presentation.

**MMRA update:**

Skip Finnell said the last MMRA meeting was held on September 21<sup>st</sup>.

Carol Cormier said CCMHG used some of its collateral again this year and said Gallagher and Artex agree that things are running well. She said Group Benefits Strategies will be hosting a municipal health insurance forum on November 28<sup>th</sup> and will be inviting all clients to attend to hear about the progress of the MMRA. Ms. Cormier said the MMRA Board members would like to grow the MMRA by adding new members. She said there will be other topics and that GBS will be sending the invitation out soon.

**Other Business:**

There was no other business.

Motion

Christopher Clark moved to adjourn the meeting.

Debra Blanchette seconded the motion.

Skip Finnell adjourned the meeting at 10:05 AM.

*Prepared by Karen Carpenter  
Group Benefits Strategies*