

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

Board Meeting

Thursday, June 18, 2020, 10:00 AM

[REMOTE PARTICIPATION](#)

MEETING MINUTES

A meeting of the Board of the Cape Cod Municipal Health Group (“CCMHG”) was held on Thursday, June 18, at 10:00 AM. The following people attended the meeting:

Board Members and Alternates Present:

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| Noreen Mavro-Flanders, Board Chair | Dukes County |
| A. Francis (“Skip”) Finnell, Steering Committee Chair | Dennis-Yarmouth RSD |
| Lisa Vitale | Town of Brewster |
| Debra Blanchette | Town of Barnstable |
| Erin Orcutt | Cape Cod Regional Technical High School |
| John Kelly | Town of Orleans |
| Susan Wallen | Nauset Regional High School |
| Bob Whritenour | Town of Oak Bluffs |
| Robert Howard | Bourne Recreation Authority |
| Jillian Douglass | Town of Chatham |
| Judy Sprague | COMM Fire District |
| Krystal Abrams | COMM Fire District |
| Jennifer Kelson | Buzzards Bay Water District |
| Miriam Spencer | Town of Wellfleet |
| Alexander Williams | Town of Provincetown |
| Beth Deck | Cape Cod Collaborative |
| Nancy Cushing | Barnstable County |
| Tracy Scalia | Town of Mashpee |
| Leanne Gray | Mashpee Water District |
| Richard Buffington | Barnstable Fire District |
| Nancy Ward | Bourne Water District |
| Susan Laak | Town of Eastham |
| Amy Bullock | Town of Harwich |
| Maureen Fruci | North Sagamore Water District |
| Teresa Johnson | Sandwich Water District |
| Kathleen Iernio | Monomoy Regional School District |
| Raymond Pirrone | Cotuit Fire District |
| Gayle Clark | Upper Cape Cod Regional Vocational Tech |
| Jill Goldsmith | Town of Chatham |
| Sheryl McMahon | Dennis Water District |

Guests Present:

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| Rich Bienvenue, CPA | CCMHG Treasurer |
| Deanna Desroches | CCMHG Wellness Consultant, Mainland |
| Brian Callow | Rockland Trust Investments |
| Megan Downey | Town of Barnstable |
| Erin Hurd | Town of Barnstable |
| Sarah O'Reilly | Town of Yarmouth |

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Pam Bennett
Ellen Bearse
Bob Kademian, RPh
Gabrielle Pitcher
Bill Hickey
Nina Conroy
Fred Winer
Patty Joyce
Carol Cormier
Karen Quinlivan

Town of Tisbury
Monomoy Regional School District
PBIRx
Blue Cross Blue Shield of MA (BCBSMA)
Harvard Pilgrim Health Care (HPHC)
Delta Dental Plan of MA
Tufts – Retiree Plans
Abacus Health Solutions
Gallagher Benefit Services, Inc. (GBS)
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Noreen Mavro-Flanders, Chair, called the meeting to order at 10:02 AM.

Approval of the minutes of the October 23, 2019 and January 29, 2020 Board meetings:

The wrong meeting minutes were in the prior Board meeting packet, therefore, both sets of minutes need to be approved.

Skip Finnell motioned to accept the minutes as presented for the October 29, 2019, and January 29, 2020 Board meetings.

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| Motion |
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Cheryl McMahon seconded the motion.

The motion passed by unanimous vote.

Investment Committee Report and Investment Manager's Report:

Debra Blanchette, Investment Subcommittee Chair, said that Brian Callow from Rockland Trust was having trouble joining the meeting. She said that at the January 29, 2020 Board meeting the Investment Subcommittee reported that they were working on a Rate Stabilization Policy. She said that she was pleased to report that they have done that by revising the CCMHG's unreserved fund balance policy to incorporate language for the rate stabilization fund. She said unfortunately, just as the Committee was to meet with the portfolio management group of Rockland Trust to go over the Asset Target Allocation, Covid 19 hit. Ms. Blanchette pointed out that the normal quarterly report provided by Rockland Trust has been included in the meeting packet for all to review.

Brian Callow, Rockland Trust, joined the meeting on audio. He said that rather than go over all information in detail, he would provide a brief overview of current market conditions and quarterly performance. Mr. Callow said the portfolio is holding up well and that things are not as dark as they may seem. He said that the March report reflected a downturn of 20% but has since rebounded. He said that as of June 11, 2020, it had rebounded nicely to a downturn of only 2%. After Covid 19 became apparent, markets corrected significantly by as much as 30%. As the market started to recover, Rockland did portfolio triage with all hands on deck to determine if rebalancing was needed to stay on target with investment policy. He said that they made some trades and rebalanced the portfolio. Mr. Callow said the market began to recover with government assistance, and the portfolio looks good overall. He said that the markets will remain volatile, but that Rockland Trust is working hard for CCMHG and will stay on top of the situations as they arise.

Treasurer's report:

Treasurer, Rich Bienvenue, CPA, reviewed financial reports (unaudited figures) through April 30, 2020. He said there was \$30.2M Total Equity as of 04/30/20 representing a \$5.8 M increase since the beginning of the

fiscal year. Claims and IBNR were lower than anticipated in recent months because of COVID-19 with people staying away from medical facilities. Mr. Bienvenue said Investment Income was approximately \$200,000 despite all that has happened. Premiums paid by members were quite a bit lower than in prior years because of the withdrawal of the town of Sandwich on 6/30/2019. Receivables were updated through June 15, 2020.

Noreen Mavro-Flanders said that the FY19 independent financial audit has been completed and the only item of note was one that has appeared on prior years, and the CCMHG is working to resolve it.

Wellness Report:

Noreen Mavro-Flanders introduced the Mainland Wellness budget for FY21 that was approved by the Steering Committee. She said that the Wellness Committee is a subcommittee of the Steering Committee; therefore, unless there is an objection, the CCMHG Steering Committee will continue to approve the Wellness budgets.

Mainland Wellness Report - Deanna Desroches, mainland wellness consultant, said that they are working on the newsletter. Biometric screenings are on hold. She hopes they will continue in the spring. The wellness committee is looking at a hybrid *Couch to 5K* program of both in-person and remote participation. The *Spring Walking Challenge* wrapped up with 78% of participants successfully completing the challenge and a summer program is planned for July and August. The *Maintain Don't Gain* program had 75% of members complete the program with 144.7 pounds lost.

Ms. Desroches said that the new plan year begins July 1st, and if members could register and get moving that would be great. Existing members that complete a health risk assessment by July 31, 2020 will receive a gift card. Monthly challenges are going smoothly. Many programs have also been geared towards stress reduction.

Martha's Vineyard (MV) Wellness Report –Noreen Mavro-Flanders said that an FY21 budget for Martha's Vineyard (MV) is currently being worked on. She said a copy of the Wellness Committee Strategic Plan was sent out. The new MV Wellness consultant, Triva Emery, is currently reviewing her plan, and the budget should be available at the next Steering Committee meeting for vote. That meeting has yet to be scheduled.

Steering Committee Report:

Skip Finnell said that the Steering Committee had approved the new wellness consultant for Martha's Vineyard, Ms. Triva Emery. The Mainland Wellness budget was approved for FY21. The arrangement and named members for the Wellness Committees for both the Mainland and Vineyard were also approved. They are available in the Steering Committee minutes on the CCMHG website. Mr. Finnell said that a contract with the current auditor, Bill Fraher, CPA, was approved for an additional three years at a slight increase in fees. The Business Associates Agreement (BAA) with Gallagher Benefits Services was approved which deals with exchange of protected health information and privacy issues. The Committee also approved a GBS Invoice and Roster Agreement and Website Maintenance Agreement for FY21.

GBS Reports:

Carol Cormier reviewed the Summary of the *FY20 Funding Rate Analysis report* with data through May (paid claims basis). She said the expense-to-funding ratio was 92.4%. The estimated Funding Surplus of \$10.3M includes \$3.5M in reinsurance reimbursements. Paid claims during April and May were low due to elective procedures being postponed during the pandemic. Dental expense-to-funding ratio was 72.8%. That low figure was due to most dental offices being closed during the pandemic.

Karen Quinlivan reviewed the *Reinsurance reports*. She said the FY20 policy period had 22 claimants with total claims in excess of the \$300K specific deductible of \$3,426,443. Total reimbursements of \$1,511,808

have been received to date with \$1,876,387 outstanding. She said that there are 46 claimants on the 50% Report with claims totaling \$9,413,069. She said that there were 20 claimants on the FY19 policy period Excess Claims Report with total claims over \$8.5 million and excess claims over \$2.6 million. She said the CCMHG has received over \$2.5 million in reinsurance reimbursements for the FY19 policy period with \$13,291 still due to the Group. There were 72 claimants on the 50% Report with total claims of \$14,977,772.

MMRA Report:

Noreen Mavro-Flanders said that there was a meeting of the Massachusetts Municipal Reinsurance Arrangement (MMRA) yesterday June 17, 2020. Renewal for FY21 focused on the steep increase in costs for specialty medications. The initial reinsurance rate increase quoted for the group was 44.7%. In addition, the MMRA would add high lasers to some high cost claimants. CCMHG would have two lasered claimants totaling \$4M that the group would have to fund prior to being eligible for reinsurance reimbursements for those two members.

Carol Cormier said that the reinsurance Managing General Underwriter brought before the MMRA a program provided by OptiMed Health Partners that works to contain the high costs pertaining to the purchase and delivery of these specialty meds and works for a better member experience. OptiMed Health Partners is a nationwide company based in the Midwest that has been independently owned for more than 25 years. The company has a clinical focus with multiple clinical accreditations and specializes in individualized care models with personalized member support. A member can always deal with the same person, and infusion of the drugs can be tailored to a patient's needs. A medication might be infused at the person's home or office to make for a better patient experience. Ms. Cormier noted that 2% of employees are driving 45% of specialty medication spend. The West Suburban Health Group (WSHG) and Minuteman Nashoba Health Group (MNHG) have already approved contracts with OptiMed Health Partners.

Skip Finnell said that the other groups signed contracts with amendments. He said that CCMHG asked for additional amendments and asked if those were made by OptiMed.

Noreen Mavro-Flanders said that the amendments were made and returned almost immediately by OptiMed. The contract was available in the packet for vote and signature.

Noreen Mavro-Flanders said that she views this as a positive program for members. She said the MMRA moved forward on this assuming that the Board of the CCMHG would also approve this contract.

Mr. Finnell said it is the Steering Committee's recommendation that the contract with OptiMed be approved.

Carol Cormier said that an additional feature of the OptiMed program is that all of the member cost share is waived, so members that might be on high deductible plans save considerably. This will not affect the CCMHG in any kind of negative way since the savings on medications greatly exceed the cost of the member's cost share.

Skip Finnell made a motion to approve the OptiMd contract as amended.

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| Motion |
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Robert Whritenour seconded the motion.

The motion passed by unanimous vote.

Diabetes Rewards Program Report:

Patty Joyce, Abacus Health Solutions, presented the Diabetes Care Rewards Program report through April 30, 2020. There were 262 people enrolled with 143 adherent to program requirements. The annual adherence rate

is 72%. She said people are findinDg it difficult to get in and get required testing done during the pandemic and that Abacus working with Jocelyn Diabetes Center to develop an extension program and guidelines that will go through the end of August. Members will be given time extensions to complete activities. She said more than 2,000 medications and supplies were dispensed with over \$53,000 in waived copays. There was over \$908,000 in pharmacy costs with an estimated savings of over \$168,000. The Help Line for members is 100% operational at this time, and outreach is ongoing. There are many available webinars for members to access.

Noreen Mavro-Flanders thanked Patty Joyce for putting the CCMHG logo on promotional material that is going out to members.

PBIRx Report:

Bob Kademian, RPh from PBIRx provided reporting through the month of May. He said that year-to-date 57% percent of plan costs are for specialty meds. Total Rx net plan costs YTD were \$21M. Per member per month costs have gone back to normal after a spike in March. Costs increased \$3.8M YTD but rebates increased \$3.2M.

Skip Finnell asked if PBIRx could provide information regarding how much the Group's and members are saving because of use of PBIRx. Bob Kademian said that member copays went down about \$1.8 M but the plan went from an anticipated 9% increase in costs to approximately 3%.

COVID-19 update:

Carol Cormier said that the CCMHG voted to go along with the health plans in terms of COVID-19 regarding member cost share and other features required by Mass. governmental orders for fully insured plans. All copays regarding COVID-19 diagnosis and care have been waived. There is also zero member cost share for all Telehealth services for any condition during the period of the Emergency. The CCMHG is allowing each governmental unit to decide if it wants to allow continued health coverage for furloughed employees as long as billed premium is paid every month. The MMRA managing general underwriter and reinsurer are aware of that and agrees to provide continued coverage.

Health Plan reports:

EyeMed - Caitlin Marron said that EyeMed has come up with a program in response to the pandemic. She said they have introduced the *EyeMed Cares Discount Program*. This program targets those that no longer have active insurance. EyeMed is pulling enrollment lists back to March and anyone who is no longer an active employee and has not elected Cobra will be eligible for this program. They will get mailings including a discount card and list of discounts on available items at points of purchase. This program will be available until the end of the calendar year and will be evaluated in the fall to see if an extension is needed. Ms. Marron said that this is completely free to the CCMHG. This is something offered by EyeMed as a way to help during this time.

Noreen Mavro-Flanders thanked EyeMed for taking this initiative and thinking of members of the community.

Harvard Pilgrim – Bill Hickey said that he wanted to reiterate cost share waivers for COVID-19 diagnosis and care. The wellness portal is increasing access and reimbursement levels for things like virtual Yoga and Zoomba. Mr. Hickey said the HPHC website is continuing to provide members with valuable information during the COVID-19 pandemic.

Delta Dental - Nina Conroy said that Delta Dental had started to make support payments to Massachusetts participating dentists. All dentists will receive \$10 per visit for appointments from June 1 to August 31 to help make up for business lost in the prior months because of COVID-19. Payment is made by Delta Dental, not

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charged back to any of the clients including CCMHG. Ms Conroy said this is an attempt to help dentists get back up and running financially. The Mass. Dental society also had a fundraiser, and Delta Dental donated \$2M. Many single practice dentists were hurt significantly by the pandemic. She said Delta also has a discount program for those without dental coverage similar to EyeMed.

BCBSMA – Gabrielle Pitcher said that any members on the New England High Deductible Health plans would be receiving new ID cards. Blue Cross is updating its website as well for COVID-19 resources and providing helpful resources for mental health.

Other business:

Next meetings –

Noreen Mavro-Flanders said the next Steering Committee meeting date will be communicated to the group. There may not be a need for a July meeting.

There was no other business.

Cheryl McMahon motioned to adjourn the meeting.

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| Motion |
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Deb Blanchette seconded the motion. The motion passed by unanimous vote.

The Chair, Noreen Mavro-Flanders, adjourned the meeting at 11:43 AM.

*Prepared by Karen Quinlivan
Gallagher Benefit Services, Inc.*