

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

Board Meeting

Wednesday, October 24, 2018, 10:00 AM
COMM Fire District, Centerville, MA

MEETING MINUTES

A meeting of the Board of the Cape Cod Municipal Health Group (“CCMHG”) was held on Wednesday, October 24, 2018 at 10:00 AM at the COMM Fire District, Centerville, MA. The following people attended the meeting:

Board Members and Alternates Present:

Noreen Mavro-Flanders, Board Chair	County of Dukes County
A. Francis (“Skip”) Finnell, Steering Committee Chair	Dennis-Yarmouth RSD
Susan Wallen	Nauset Regional School District
Lisa Vitale	Town of Brewster
Jody Hoffmann	Town of Provincetown
Debra Blanchette	Town of Barnstable
Laura Scroggins	Town of Barnstable
Marie Buckner	Town of Sandwich
Christopher Clark	Town of Harwich
Denise Coleman	Town of Falmouth
Jillian Douglass	Town of Chatham
Robert Howard	Bourne Recreational Authority
Judy Sprague	COMM Fire District
Jennifer Kelson	Buzzards Bay Water District
Bob Whritenour	Town of Oak Bluffs
Nancy Cushing	Barnstable County
Rosemarie Costa	Veterans Services
Deb Heemsoth	Town of Dennis
Beth Deck	Cape Cod Collaborative
Kathy Logue	Town of West Tisbury
Leanne Gray	Mashpee Water District

Guests Present:

Rich Bienvenue	CCMHG Treasurer
Linda Loiselle	Abacus Health Solutions
Patty Joyce	Abacus Health Solutions
Dave Sirowich	PBIRx
Deanna Desroches	CCMHG Wellness Consultant, Mainland
Brian Callow	Rockland Trust Investments
Barbara Howard	Rockland Trust Investments
Rebecca Tavares	Rockland Trust Investments
Tracy Scalia	Town of Mashpee
Megan Downey	Town of Brewster
Rick Buffington	Barnstable Fire District
Katherine Milligan	Town of Orleans
Trisha Maloney	Dennis-Yarmouth RSD
Jeff Morassi	MTA
Garbrielle Pitcher	Blue Cross Blue Shield of MA (BCBSMA)

CCMHG Board meeting, 10/24/18

Bill Rowbottom
Bill Hickey
Fred Winer
Nina Conroy
Carol Cormier
Chris Nunnally
Karen Carpenter

Blue Cross Blue Shield of MA (BCBSMA)
Harvard Pilgrim Health Care (HPHC)
Tufts Health Plan Senior Plans
Delta Dental of MA
Group Benefits Strategies (GBS)
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Noreen Mavro-Flanders, Chair, called the meeting to order at 10:05 a.m.

Ms. Mavro-Flanders asked for a moment of silence in honor of Sean Gannon, Town of Yarmouth Police Officer, killed in the line of duty.

Approval of the minutes of the April 25, 2018 and the notes of the July 18, 2018 Board meetings:

Skip Finnell moved to approve the minutes of the April 25, 2018 Board meeting.

Susan Wallen seconded the motion. The motion passed by unanimous vote.

Motion

Christopher Clark moved to accept the notes of the July 18, 2018 Board meeting (no quorum).

Skip Finnell seconded the motion. The motion passed by unanimous vote.

Motion

Investment Committee and Investment Manager's Reports:

Deb Blanchette, Investment Committee Chair, said the Investment Committee met on Friday. She said the Board voted to suspend depositing the monthly deposit of \$100K into the liquidity account and said the balance of the account is now \$4.7M. Ms. Blanchette said the Committee is going to review the Capital Preservation accounts funds to see if anything needs to be rebalanced.

Brian Callow spoke about the structure of the portfolio and the market and how it impacts CCMHG. He said the CCMHG portfolio has been holding up through the volatility of the marketplace

Mr. Callow distributed the 2nd Quarter report and reviewed the two CCMHG funds: (1) Return Seeking and (2) Capitol Preservation. He reviewed the performances of the funds compared to the benchmarks. Mr. Callow said the fiscal year rate of return for Fund 1 through October was 1.63%. He said the rate of return for Fund 2 was 0.36%.

Noreen Mavro-Flanders thanked Mr. Callow and the Rockland Trust staff, and they left the meeting.

Treasurer's report:

Treasurer's report - Treasurer, Rich Bienvenue, CPA, distributed and reviewed the financial reports (unaudited) with data through year ending June 30, 2018. He said when the Board set its FY18 health plan funding rates, they were hoping to break even. He said the Health Fund Balance on July 1, 2017 was \$12.6M and said there was an increase of \$11.6M through June 2018. Mr. Bienvenue said the Trust Fund Policy states that the Fund Balance should be between 8% and 10% of claims of the most recent 12 months. He reported a total Fund Balance of \$28.1M as of June 30, 2018 of which \$24.29M is the health fund and \$3.76M is the dental fund balance.

Mr. Bienvenue said the Fund Balance surplus is \$6.1M over the high end of the fund balance policy target of 12% of the most recent 12 months claims cost.

Mr. Bienvenue said the auditor should have the draft FY18 audit report ready by late December, early January. He said the reinsurance adjustments and the run-out claims information will have an impact on the year end trust fund surplus amount. Mr. Bienvenue said they will also review the actual claims versus the estimated claims to determine if the IBNR will need an adjustment.

Skip Finnell made a motion to accept the Treasurers report.

Motion

Christopher Clark seconded the motion. The motion passed by a unanimous vote.

Carol Cormier confirmed that there was a quorum.

Wellness Committee Report:

Mainland Wellness Report - Deanna Desroches, wellness consultant for the Mainland, reviewed the program updates. She said she is working on the November newsletter and will be publishing it soon.

Ms. Desroches said she attended several biometric screenings and is now scheduling the screenings for after January 1st. She said the *Couch to 5K* Barnstable program is ended and she is looking at the Harwich area to schedule another program during the late winter/early spring. Ms. Desroches said the Maintain Don't Gain weigh-ins have been scheduled and flyers distributed. She asked the employers to pass along the wellness program information to their employees.

Ms. Desroches said the portal utilization is up, and there are now 482 members using it as of October. She said 110 members completed the health risk assessment by the end of September.

Ms. Desroches reviewed the upcoming programs to include stress reduction workshops, nutrition, healthy cooking, and the spring *Walking Challenge* and the summer *Biking Challenge*.

Vineyard Wellness Report -Kathy Logue said she would give the report during Krystle Rose's leave of absence. Ms. Logue said the Wellness Committee is working on an employee survey to find out if the members are aware of who CCMHG is and the programs offered. She said it is a survey to bring awareness to the members and to increase participation. She said they will be working together to complete the current fitness program. She said Krystle Rose will be working on the newsletter and Ms. Azzollini is also working on the transitions retirees face when leaving the workplace, and the effects those transitions have on them.

Steering Committee report:

Skip Finnell said everything on the meeting agenda is what the Committee has been working on over the past several months. He said the Committee also met with some of the Benefit Administrators to obtain their ideas about how to spread the word about who CCMHG is and what programs it offers. He said the information they provided was valuable and gave good insight on what may help.

Abacus Reports:

Linda Loiselle distributed and briefly reviewed the CCMHG *Good Health Gateway Diabetes Care Rewards Program* Annual Report. She said CCMHG is in its ninth year with the program. Ms. Loiselle said there are currently 318 participants in the program and of those, 150 are adherent and obtaining their medications and supplies at \$0 cost to them. She reviewed the demographics and said 494 of the members eligible are employees and 252 are spouses. Ms. Loiselle said 36 are adult dependents and 12 are children.

Ms. Loiselle said for the time period of September 1, 2017 through August 31, 2018, a total of 3,627 scripts were obtained at a cost of \$1,309,161. She said the total medication cost is part of the CCMHG loss fund. Ms. Loiselle said members saved a total of \$99,058 for prescription copays and medical costs. She said since the group began the program in 2009, they saved an estimated \$2.1 million dollars in medical costs.

Patty Joyce reviewed a summary of the pharmacy claims data for those members who are eligible to participate in the program, but are not enrolled. She said 305 members are spending \$100 dollars or less per year on copays and 109 are spending over \$300 or more per year on copays. Ms. Joyce said this analysis helps Abacus to determine the members that they will need to focus on with promotional efforts.

GBS Reports:

Funding Rate Analysis (FRA) - Ms. Cormier reviewed the FY18 FRA summary report through September and said the full report will be emailed to the Board. Ms. Cormier said that the paid claims and related expenses were 76.3% of the funding rate revenues. Ms. Cormier also said the reinsurance reimbursements and fees are included in the report. She noted that one high cost member that has exceeded \$1 million in claims. Ms. Cormier said the dental funding expenses were at 90% of rate revenues.

BCBS Level Monthly Deposit Report (LMD) – Carol Cormier reviewed the report and said CCMHG has a credit with BCBS in the amount of \$2.5 million dollars. She asked Garb Pitcher to ask the BCBS underwriter to review the payment and claims history for a reduction in monthly payments.

CanaRx Update – Carol Cormier said there was a reduction in prescriptions ordered in June and July and said she asked CanaRx to review the information to see if they have an explanation for it.

Senior Plan Rates for CY2019:

Skip Finnell referred to the rate exhibit in the packet and made a motion to the Board to approve the rates as shown.

Motion

Christopher Clark seconded the motion. The motion passed by a unanimous vote.

Dependent Eligibility Audit – Steering Committee recommendation:

Noreen Mavro-Flanders said CCMHG received two proposals in response to the RFP that was sent to three companies. She asked Carol Cormier to summarize.

Carol Cormier said the last CCMHG dependent audit was performed in 2012 by HMS. She said the Steering Committee is recommending using the same company again for the 2019 audit. Ms. Cormier said the Committee received legal advice on the HMS's proposed contract, and HMS made the recommended changes. Ms. Cormier said HMS will do the bulk of the work and the employers will have access to the HMS database to review their employees' progress of sending in the required documentation. She said a final report of the ineligible members will be provided in order to submit termination paperwork. She said only Family and Single Parent, Single Child contracts will be included in the audit, not Individual plan subscribers. Ms. Cormier said all documents will need to be provided by the members to HMS.

In response to a question, Ms. Cormier said she would look up the savings realized from the last audit. She said the audit is required by law, Chapter 32B.

Skip Finnell made a motion to accept HMS as the Dependent Eligibility Audit firm for 2019.

Christopher Clark seconded the motion. The motion passed by a unanimous vote.

Motion

Dental Plan RFP Update:

Noreen Mavro-Flanders said a few Steering Committee members volunteered to review the proposals received in response to the Dental Plan RFP. She said the Committee has narrowed it down to two contenders based on the provider networks and pricing contracts. Ms. Mavro-Flanders said BCBS and Delta Dental are the two companies being considered further.

Pursuing pharmacy carveout proposals:

Noreen Mavro-Flanders the Steering Committee asked for a legal review of the PBIRx contract. She said changes were recommended and PBIRx agreed to the changes.

Carol Cormier said the Committee also asked for legal advice as to whether or not carving out prescriptions required negotiations with unions. She said the opinion was that since there will be no benefit changes, it does not require bargaining.

Chris Nunnally said GBS has seen good results in municipalities that have opted to carve out their prescriptions from the health plan carriers. He said the members will not notice any difference other than receiving an additional benefit card needed to purchase their prescriptions. Mr. Nunnally said PBIRx will do an analysis on the data and also look at the possibility of integrating with the HSA plans. Mr. Nunnally said PBIRx is working on an RFP and will request the data from the carriers to analyze.

Skip Finnell made a motion to approve contracting with PBIRx to move ahead with the Pharmacy Carveout RFP and analysis.

Motion

Christopher Clark seconded the motion. The motion passed by a unanimous vote.

MyTelemedicine/accessadoctor – Update:

Chris Nunnally said the program has been up and running for about 4 months. He said there have been 18 consults to date. He said the flu and allergy season has not been included in the report yet and said Jeff Beane has been visiting each of the employers.

Deb Heemsoth said she used the program and found it to be very easy to use.

Getting the word out about CCMHG and its programs:

Noreen Mavro-Flanders said the Committee is working on ideas to get the word out on how to better promote the programs offered by CCMHG. She said the carriers are working on adding the CCMHG logo to their ID cards. Ms. Flanders said Kate Sharry at GBS also knows of a marketing firm that the Committee wants to interview.

Ms. Mavro-Flanders said the Benefit Administrators have suggested creating a brochure with all the program information included.

Health Plan Reports:

Bill Hickey, Harvard Pilgrim, said Aetna was purchased by CVS and Wellcare will assume the Aetna business. He said the members will not see anything until 2019.

Fred Winer, Tufts Health Plan, said the COLA increase for Medicare eligible retirees is going to be 2.8% for January 1, 2019. He said Medicare Part B will be increasing to \$150 per month.

CCMHG Board meeting, 10/24/18

Other Business:

The following Steering Committee meetings were scheduled:

November 14th, December 19th and January 23, 2019.

The next Board Meeting was scheduled for January 30th with a Steering Committee meeting to precede the Board Meeting at 9:30 AM.

The January 30th Steering Committee meeting was subsequently cancelled.

There was no other business.

Christopher Clark moved to adjourn the meeting.

Motion

Susan Wallen seconded the motion. The motion passed by unanimous vote.

Noreen Mavro-Flanders adjourned the meeting at 11:55 AM..

Motion

*Prepared by Karen Carpenter
Group Benefits Strategies*