

MINUTES OF THE CAPE COD MUNICIPAL HEALTH GROUP

Board Meeting

Wednesday, November 16th, 2022, 10:00 AM

Barnstable County Offices
Mary Pat Flynn Conference Room
3195 Main St. Barnstable, MA 02630

MEETING MINUTES

A meeting of the Board of the Cape Cod Municipal Health Group ("CCMHG") was held on Wednesday, November 16th, 2022 at 10:00 AM at Barnstable County Offices, Barnstable, MA. The following people attended the meeting:

Board Members and Alternates Present:

Noreen Mavro-Flanders, Board Chair
Erin Orcutt, Steering Committee Chair
Debra Blanchette
Justyna Marczak
Susy Holmes
Robert Howard
Jennifer Kelson
Lisa Vitale
Jean Garvey
R Patrick Murphy
Krystal Abrams
Megan Downey
Raymond Pirrone
David Flynn
Laurie Barr
TK Menesale
Michael MacMillan
Susan Wallen
Maureen Fruci
Teresa Johnson
Alex Lessin
Jill Beaumont
Cameron Scott
Raymond Pirrone
Robert Whritenour
Kathy Logue
Beth Deck

Dukes County
Cape Cod Regional Tech
Town of Barnstable
Barnstable County
Barnstable County Retirement
Bourne Recreation Authority
Bourne Water District
Town of Brewster
Buzzards Bay Water District
Cape Cod Collaborative
COMM Fire
Town of Chatham
Cotuit Fire District
Dennis Yarmouth RSD
Town of Eastham
Hyannis Fire
Monomoy RSD
Nauset RSD
North Sagamore Water
Sandwich Water
Town of Truro
Upper Cape Cod Voc
Town of Wellfleet
West Barnstable Fire District
Town of Yarmouth
Town of West Tisbury
Cape Cod Collaborative

Guests Present:

Rich Bienvenue, CPA
Deanna Desroches
Beth Kaeka
Courtney Butler
Sarah O'Reilly
Sarah Piebes
Brian Callow
Bob Kademian, RPh
Caroline Burnham
Lauren McCallum
Patty Joyce
Jim Riley
Joseph Anderson
Marianna Gil
Karen Quinlivan

CCMHG Treasurer
CCMHG Wellness Consultant, Mainland
Town of Oak Bluffs
Town of Dennis
Town of Yarmouth
Town of Brewster
Rockland Trust Investments
PBIRx
Blue Cross Blue Shield of MA (BCBSMA)
Harvard Pilgrim Health Care (HPHC)
Abacus Health Solutions
CanRx
Gallagher Benefit Services, Inc. (GBS)
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Noreen Mavro- Flanders, Board Chair called the meeting to order at 10:13 AM.

Approval of the minutes of the July 20th, 2022 Board meeting minutes:

Debra Blanchette said that the section of the minutes regarding a vote on the Treasurer's report appears to be there in error because it indicated members present that were not at the meeting.

Karen Quinlivan realized that the section was intended to be cut and it was missed. The minutes will be presented at the next meeting for approval.

Treasurer's Report:

Treasurer Richard Bienvenue, CPA reviewed the financial reports of September 30th, 2022 (unaudited figures). There was good claims experience for the first quarter, representing about a \$3M surplus. The one issue of negative performance is the Investment Pool. There has been over a \$1M loss in performance for the first quarter. That drops the overall surplus for the quarter. Investments are invested on a long-term basis, so it is anticipated that things will recover. More experience through the end of the year will help the group determine rates in February. A meeting for the audit is scheduled for next Tuesday to wrap up FY22. The Dental fund is on par so far with prior years. There was over \$200,000 added to the dental surplus for the first quarter of FY23.

GBS Reports:

Joseph Anderson reviewed the FY23 Funding Rate Analysis (FRA) report with data through September 30th, 2022 (paid claims basis). The composite expense-to-funding ratio was 90.5%. The estimated funding surplus was \$3,619,712 for the prior 3 months. That includes some stop loss reimbursements, but the funding rate is tracking well so far. Dental expense-to-funding ratio was 81.8%. Rates will be determined in February after experience through December.

Karen Quinlivan reviewed the reinsurance reports. She said the FY22 policy period through September 2022 had 23 claimants with total claims in excess of the \$300K specific deductible of \$3,195,374.03. Total reimbursements of \$2,740,174.03 have been received to date with outstanding reimbursements due of \$455,200. She said there

are 44 claimants on the 50% report with claims totaling \$12,064,667.80. For FY23 period through September, no claimants are in excess or at the 50% level. In October, there will be several claimants at the 50% level.

CY23 Senior Renewal Rates:

Joseph Anderson summarized the CY2023 senior renewal rates that were reviewed and recommended at the October Steering Committee meeting. The fully insured plan rates were established by the carriers and approved by CMS. The self-insured plan rates were based on two years of experience. Harvard Pilgrim had slightly higher claims, therefore, they had a slight rate increase and both plans ended up at \$380.

Noreen Mavro-Flanders said that the Steering Committee reviewed the recommendation of a rate of \$383 for Harvard Pilgrim and voted to recommend a lower rate.

Erin Orcutt said that the Steering Committee met on October 19th, 2023 and discussed rates. It was voted to recommend to the Board a Medex rate of \$380 and a Harvard Pilgrim Medicare Enhanced rate of \$380.

Erin Orcutt motioned to recommend the rates of \$380 for both Medex and Harvard Pilgrim Medicare Enhanced for approval by the Board.

Motion

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

Steering Committee Report:

Erin Orcutt said that the Steering Committee discussed setting Board meetings for the year. The meetings of all future known meetings will be posted on agendas going forward. The next established Board meetings will be:

- February 8th, 2023 Board meeting 10:00 AM Barnstable County Offices
- April 26th, 2023 Board Meeting 10:00 AM Barnstable County Offices
- July 26th, 2023 Board Meeting 10:00 AM Barnstable County Offices
- October 25th, 2023 Board Meeting 10:00 AM Barnstable County Offices

Hybrid meetings will be investigated to see if they are a viable option.

The Steering Committee discussed the election of new members to the Steering Committee. There are two vacancies currently. The Steering Committee recommends appointing David Flynn of Dennis Yarmouth Regional School District and TK Menesale of Hyannis Fire District.

Erin Orcutt motioned to appoint David Flynn and TK Menesale to the CCMHG Steering Committee.

Motion

Michael MacMillan seconded the motion. The motion passed by unanimous vote.

Noreen Mavro-Flanders said another vacancy would be in June when Beth Deck retires. She suggested that any interested members attend Steering Committee meetings to get a feel for what happens and please express interest to Karen Quinlivan.

Ms. Mavro-Flanders said that this would be the final year she will serve as Board chair if she is voted in for the annual election of officers. She has been giving warning for several years and urged others to step forward.

Erin Orcutt recommended that the Board appoint Noreen Mavro-Flanders as Board Chair and Erin Orcutt as Vice-Chair.

Motion

Bob Whritenour seconded the motion. The motion passed by unanimous vote.

PinnacleCare:

Karen Quinlivan said that GBS met with PinnacleCare for a first-quarter report. This program was voted in for the active population effective May 1st, 2022. They reported that they had encouraging engagement numbers right out of the gate, so it was a testament to the communication from Benefit Administrators. The question now is whether the group would like to offer the program to the senior population. There are 4,729 members in the self-insured Senior plans. Total cost per year would be roughly \$160,000. The fully insured plans may have some confusion regarding plan programs in place. A co-branded mailing could be sent out to members just as was done for the active member population.

There was discussion. Consensus was that there is a need and a desire for the program for the senior population.

Kathy Logue motioned to offer the PinnacleCare program to the senior population effective January 1st, 2023.

Motion

Debra Blanchette seconded the motion. The motion passed by majority vote. Michael MacMillan opposed.

Abacus Good Health Gateway Annual Report:

Patty Joyce presented the annual report of the Diabetes Care Rewards program through August 31st, 2022. There are currently 242 members enrolled of the 714 eligible members based on diagnosis. There are 57% adherent in the program and receiving zero copays by connecting with their doctor and meeting program requirements. There are 26 people newly enrolled in the program. There were 2,047 medications obtained with \$44,607 in estimated waived copays and estimated savings to CCMHG of \$185,717. There have been \$269,838 in rebates back to CCMHG. These continue to be excellent ways to offset program costs. High-risk members with progressing disease state have a high participation rate of 62%, with 51% of those individuals adherent, which is great. Outreach is ongoing with both inbound and outbound calls, as well as a texting platform that has been working well. There have been registration incentives and quarterly flyers to reach non-registered members, plus webinars to keep members informed.

Wellness Reports:

Mainland Wellness Report – Deanna Desroches, Mainland wellness consultant, said she has decided to do a monthly newsletter and a monthly reminder. There is a lot of walking going on. Saturday morning walks in Yarmouth began on September 10th with 11 registered. Hiking began for eight weeks on October 3rd at various locations on the Cape on Sunday mornings at 9:00. Each week will be a different location. The Wellness Portal has 790 members registered. Upcoming programs include a Women's self-defense program in January and two cardio dance classes, LaBast and Balletone. Ten different programs will be ongoing in January, including Strength Training, Pilates, Yoga, Financial Wellness, and Learn to Cook. The senior health benefits fair was very successful. There were over 35 members that attended in two hours. Mental Health will be a focus going forward, with monthly programming aiming at stress reduction.

Martha's Vineyard (MV) Wellness Report – Triva Emery could not attend the meeting, but programming is going well and her report was included in the meeting packet for review.

PBIRx Report:

Bob Kademian, RPh from PBIRx provided reporting through September. He said that the combined estimated per member per month prescription drug costs, including Rx rebates, were \$132.67 last year and \$152.06 this year. The increase was 14.62%. Traditional drug costs were up 3.08%, while specialty med costs were up 23.21%. Blue Cross Rx costs were up 14.95% net of rebates, and Harvard Pilgrim costs were up 22.22% versus last year. Increased utilization of specialty drugs is what is driving costs. One of the components of the Blue Cross program is to utilize the PillarRx program with the potential for \$1.2M in savings. Numbers are not in yet on the impact of the program so far. Per member per month costs have increased for Blue Cross by 14.31% and Harvard Pilgrim by 15.98%. Bio-similars will be coming out in 2023 for some of the highest-cost specialty drugs, so it will be interesting to see how those impact cost.

Health Plan/Vendor Reports:

CanaRx- Jim Riley said that trend is projecting savings of \$442,000 this year. Analysis reveals an additional \$2.7M in potential savings for the group. Strategies are being implemented to find out why people may have stopped using CanaRx and working to incentivize them back. Postcard mailings are also in the works to promote awareness and education. Online enrollment is piloting, as well as texting to connect with members. There was a request to break down the potential savings by member unit so that promotion can be effective. Postcards will also be co-branded with the CCMHG logo.

Harvard Pilgrim – Lauren McCallum said the PBM will change to Optum for Point32Health as of 01/01/2023. Optum will be the specialty provider going forward as well. A notification has been sent to everybody. The member portal has also been upgraded to make it more user-friendly.

Tufts - Fred Winer was not at the meeting, but Lauren McCallum said that Tufts will also change to Optum for the PBM as of 01/01/2023. Nothing will be changing for the Senior side.

Blue Cross – Caroline Burnham said that the PBM will change on 01/01/2023 to CVS Caremark. There will be formulary changes that will be communicated in advance. ID cards are being mailed to all. She reminded everyone that members have until March 31st, 2023 for Fitness Reimbursements.

Kathy Logue brought up a problem with Delta Dental. People are finding they are enrolled and on the roster but did not receive cards, and when at the dentist, they cannot be found in the Delta Dental system. The matter will be taken up for research by GBS.

Other Business:

Erin Orcutt and Noreen Mavro-Flanders proposed March 15th, 2023 for a Benefits Administrator's meeting. The format will be discussed.

A request was voiced for a magnet or something that would include all contact numbers for vendor programs that would be easy to reference.

Noreen Mavro-Flanders said that Deanna Desroches put together a benefits brochure several years ago. She asked if it could be updated.

Deanna Desroches said that the brochure is currently being worked on. A magnet is something that can be looked at.

There was no other business

Erin Orcutt motioned to adjourn.

Motion

Laurie Barr seconded the motion. The motion passed by unanimous vote.

The Board Chair, Noreen Mavro-Flanders adjourned the meeting at 11:45 AM.

*Minutes prepared by Karen Quinlivan
Gallagher Benefit Services, Inc.*