

MINUTES OF THE CAPE COD MUNICIPAL HEALTH GROUP

Steering Committee Meeting
Wednesday, March 22, 2023, 9:00 AM

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

MEETING MINUTES

A meeting of the Steering Committee of the Cape Cod Municipal Health Group ("CCMHG") was held on March 22, 2023 at 9:00 AM at the Barnstable County offices at 3195 Main St Barnstable, MA 02630.

Steering Committee members present:

Erin Orcutt, Steering Committee Chair
Noreen Mavro Flanders, Board Chair
Robert Whritenour
Laurie Barr
Susan Wallen
Michael MacMillan
David Flynn
TK Menesale
Beth Deck

Cape Cod Regional Tech
County of Dukes County
Town of Yarmouth
Town of Eastham
Nauset RSD
Monomoy RSD
Dennis Yarmouth RSD
Hyannis Fire District
Cape Cod Collaborative

Guests Present:

Rich Bienvenue, CPA
Deanna Desroches
Caroline Burnham
Lauren McCallum
Bob Kademian, RPh
Joseph Anderson
Karen Quinlivan
Jess Clifford

CCMHG Treasurer
CCMHG Wellness Consultant (Mainland)
Blue Cross Blue Shield of MA (BCBSMA)
Harvard Pilgrim Health Care
PBIRx
Gallagher Benefit Services, Inc. (GBS)
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Erin Orcutt, Steering Committee Chair, called the meeting to order at 9:04 AM.

Approval of Minutes of the February 1st, 2023 and February 8th, 2023 Steering Committee Meeting:

Noreen Mavro-Flanders motioned to approve the minutes of February 1st and February 8th, 2023.

Motion

Susan Wallen seconded the motion.

The motion passed by unanimous vote.

Mr. Bienvenue reviewed the financial reports of January 31st, 2023 (unaudited figures). Mr. Bienvenue provided a brief overview of the financial position. On page 2 of his report he reported current earnings for the year of \$6.599M. January was a good month claims wise and February looks good as well. There have been a lot of problems with billing that he will address by the end of the week. There is a large outstanding bill from Falmouth that he has to track down.

Joe Anderson said that with the retirement of Ruth Lynch, Gallagher is trying to catch up on getting the training and ownership of her prior responsibilities. He introduced Jess Clifford as the enrollment member from Gallagher that will be helping in that regard as well as acting as the main contact for Enrollment for the Cape.

GBS Reports:

Joseph Anderson reviewed the FY23 Funding Rate Analysis (FRA) report with data through February 28, 2023 (paid claims basis). The composite expense-to-funding ratio was 93.2%. The estimated Funding surplus was \$6,960,690. Dental expense-to-funding ratio was 82.2%, with a surplus of \$758,010. February was a heavy month with the senior plans having heavy claims. The first eight months look relatively calm but we will see where we end up. . .

Karen Quinlivan reviewed the Reinsurance reports. She said the FY22 policy period through January 2023 had 23 claimants with total claims in excess of the \$400K specific deductible of \$3,185,445. Total reimbursements of \$3,147,710.75 have been received to date with an outstanding amount due of \$37,734.22. She said there are 43 claimants on the 50% Report with claims totaling \$12,189,910.78. For the FY23 period through January, there are 12 members on the 50% report with an updated total paid claims of \$3,569,260.15. A comparison to the same period for the prior reporting year was also shown indicating that FY23 is running somewhat better than FY22 for excess claims experience.

Election of Steering Committee Vice-Chair:

Erin Orcutt said that she would like to accept nominations for someone to act as Vice-Chair for the Steering Committee. If no one steps forward, Debra Blanchette said that she would be willing to act in that capacity. Michael MacMillan volunteered to serve as Vice-Chair.

Laurie Barr motioned to nominate Michael MacMillan as Steering Committee Vice-Chair.

Motion

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

Legal Opinion for Liability for CCMHG:

Joe Anderson said that he had not taken it further with legal counsel but would if the committee requests he consult with Leo Peloquin.

Bob Whritenour said that the question is whether the officers and directors of CCMHG are covered under liability for the towns or do we need additional coverage. If the Wellness consultants are not employees and have their own coverage, do we need direction there?

Noreen Mavro-Flanders wanted to ask if the signature of a waiver would cover the group.

Direct Primary Care Discussion:

One of the larger primary care providers on the Cape is moving to a Direct Primary Care profile and is impacting a large number of members on the Cape. There is a monthly fee associated with the structure of \$135 per month. That fee is on top of the monthly premium that members already pay. FSA funds can't be used to pay the fee.

Joe Anderson said that this is in reaction to the increase in the size of their patient panels and the increased administrative burden of the carriers. A single mover on the Cape can touch a lot of members due to the shortage of doctors. The carriers are not seeing a huge movement in that direction. The provider to patient ratio is out of whack and it will be interesting to see how it plays out.

Susan Wallen said that Delta Dental on the Cape has had the problem with contracted dentists dropping out.

Joe Anderson said that it may be something that Delta can address with Geo Access Reports and a discussion of what they are seeing in contract trends. The ballot initiative last fall was as the result of an undercompensated dentist that balance billed.

Bob Whritenour said that behavioral health is really bad. People are told that they have to enroll in Mass health to get behavioral services.

Lauren McCallum said that HPHC is bringing behavioral health in-house as of 07/01/2023. Member services will be transferring people over to Behavioral Health Navigators to help with appointment facilitation. The contracting push is very heavy to increase the network of providers as well. Expanded access through virtual visits should help as well. Virtual reimbursements are the same rate as in-person so that should help keep that option available.

Michael MacMillan asked for a five year trend analysis and asked if the group could contract with someone to do that?

Should the group have a task force to review the goals of the CCMHG and is the group meeting strategic goals?

Noreen Mavro-Flanders said that it could be a Steering Committee sub-committee with a recommendation to the Board.

Joe Anderson said that forecasting trends can be difficult and if the scope of a request could be narrowed, Gallagher could produce something.

PBIRx Report:

Bob Kademian, RPh from PBIRx provided reporting through the month of January. He said the combined estimated per member per month prescription drug costs, including Rx rebates, were \$144.63 last year and \$157.96 this year. The increase was 9.21%. Traditional drug costs were up 6.08%, while specialty med costs were up 10.61. Blue Cross Rx costs were up 7.25% net of rebates, and Harvard Pilgrim costs were up 14.12% versus last year. Increased utilization of specialty drugs is what is driving up costs. There is a slight decrease in the use of behavioral health meds in the recent past. The emergency order for Covid expires on May 11, 2023. Costs for vaccines will increase by roughly \$100. Bio-similars will be coming in the upcoming year for that program. It will be interesting to see how they impact costs.

Wellness Reports:

Mainland Wellness Report – Deanna Desroches said that the monthly newsletter was distributed. Ms. Desroches expressed frustration that communication forwarded to the member units is not being forwarded to members. It will be an issue addressed in a future meeting. Word of mouth is an important part of communication. The six-week Financial Wellness Series: Financial Health in 2023 will end on March 21st. A hybrid retirement planning workshop will be held with Barnstable County Retirement on April 5th. It was filled up within 3 hours. The hybrid HSA workshop has 51 members that will participate on April 12th. Saturday morning walks in March will take place in Yarmouth on the rail trail. The Hiking series will be offered again on Sunday mornings in May. Self-defense for women was an enormous success. Athletic programs this spring include Yoga, Pickleball, Tennis and a pound class. Stress Reduction clinics will be Finding Inner Happiness on May 24th, Qigong, and Essential Oils.

Vineyard Wellness Report - Triva Emery was unable to attend the meeting, but a copy of her report was in the meeting packet for review.

Noreen Mavro-Flanders said that they are very pleased with the increase in participation especially among retirees.

Affordable Plan Options:

Joe Anderson said that in response to some units receiving 226J letters penalizing them for not offering affordable plans, an affordable plan has been offered by Blue Cross that meets the minimum credibility requirements. It is a stripped down plan with high deductibles. It can be offered on a unit by unit basis. The calculator that was included in packet materials illustrated what hourly rate would be required at various compensation levels to be considered eligible for affordable insurance.

Beth Deck said that they are not affordable with contribution splits and neither is Barnstable or Dennis Yarmouth RSD. Their board decided to do a 75/25 split on the Harvard Pilgrim High deductible individual plan only. It is the lowest cost of coverage for an individual plan. They are hoping to reduce penalties.

The consensus was to put the issue on hold for now.

Health Dental and Vision Reports:

Blue Cross – Caroline Burnham said that there are mandated changes that will go into effect on 07/01/2023. Breast pump replacement parts for up to 90 days after purchase and every 60 days thereafter for contracted providers. Abortion related care is covered according to state mandates. Effective 07/01/2023 there is a virtual Primary Care model option through Firefly and Carbon Health. Members can still have access to the standard network and can switch at any time. Right now the group has 100 short term rehab visits per plan year. Blue Cross needs a decision if the group want to maintain that. If no decision is made, it will reduce to 60. The group decided to maintain the current benefit. Pillar Rx now has 51 people enrolled with \$184,884 in savings to the group. Members have until March 31st to submit for reimbursement for Fitness for 2022.

Harvard Pilgrim – Lauren McCallum said they need to receive the Fitness reimbursement request by March 31st. They will be available for health fairs and if any groups would like information sessions on HSA's just let her know and they can set something up. Education is the key. Currently Harvard Pilgrim outsources Behavioral Health. They will be in sourcing behavioral health as of July 1st using Tufts network. At this point, there is 93% match on providers so they are working on expanding that so there will be minimal disruption. As of 01/01/2024, Connecticut will no longer be part of the HPHC network. There is a list of contiguous towns and zip codes that

will have access to the HMO plan, otherwise, they will have to be on a PPO Plan. Analysis shows there were only two members that this would impact. Outreach will probably be done to the member units impacted for education.

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CanRx – Jim Riley said that he will be going over savings numbers at the next meeting that will include 2023. Employee savings as well as the number of individuals enrolled will be included as well as the number of prescriptions filled.

Other Business:

There was no other business.

Noreen Mavro- Flanders motioned to adjourn the meeting.

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

Motion

Chair, Erin Orcutt, adjourned the meeting at 10:40 AM.

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