



MINUTES OF THE CAPE COD MUNICIPAL HEALTH GROUP

Steering Committee Meeting
Wednesday, July 24, 2024, 9:00 AM

Barnstable County Offices
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 July 24, 2024, at 9:00 A.M.

Steering Committee members present:

Michael MacMillan
Robert Whritenour
Debra Blanchette
Noreen Mavro-Flanders
Laurie Barr
Susan Wallen
Megan Downey
David Flynn

Monomoy RSD
Town of Yarmouth
Town of Barnstable
Dukes County
Town of Eastham
Nauset RSD
Town of Chatham
Dennis Yarmouth RSD

Guests Present:

Deanna Desroches
Kathy Logue
Carli Burnham
Bob Kademian
Patty Joyce
Jim Riley
Chris Collins
Sarah McCormick
Joseph Anderson
Karen Quinlivan

CCMHG Wellness Coordinator (Mainland)
Dukes County
Blue Cross Blue Shield of MA (BCBSMA)
PBIRx
Abacaus Health Solutions Inc.
CanaRx
CanaRx
Delta Dental of MA
Gallagher Benefit Services Inc. (GBS)
Gallagher Benefit Services Inc. (GBS)

Michael MacMillan, Steering Committee Vice Chair called the meeting to order at 9:09 A.M.

Mr. MacMillan asked for a roll call of Steering Committee members present. The following voting members were present:

Michael Macmillan Steering Committee Vice Chair Monomoy RSD



Noreen Mavro-Flanders	r	Dukes County
Bob Whritenour, Board Chair		Town of Yarmouth
Deb Watson		Town of Barnstable
David Flynn		Dennis Yarmouth RSD
Laurie Barr		Town of Eastham
Susan Wallen		Nauset RSD
Megan Downey		Town of Chatham

Approval of Minutes of the June 20th, 2024, Steering Committee Meeting:

Noreen Mavro-Flanders motioned to approve the minutes of June 20, 2024, with one correction.

Motion

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

Wellness Reports:

Michael MacMillan said that Noreen Mavro-Flanders and he met with both Deanna Desroches and Triva Emery to try and get the budgets a little more aligned in format. The programs are run differently so it was difficult to get an exact similar format. Every year it can be tweaked a bit more to achieve end results.

Triva Emery, Wellness consultant to the Vineyard presented her budget for FY25. She reviewed the previous and current program to point out how far the program has come. Previously there was no data base and no programming. There are now 950 members served and there is a data base along with consistent and comprehensive programming on a regular basis that is customized for the community. There were over 275 unique visitors in 2024 that joined a program that have never joined any other program. Ms. Emery maintains her certificates and is in her second year of her third master’s degree focusing on gerontology. Fifty two percent of year-round residents on the island are retired. Through relationships in the local community, Ms. Emery was able to deliver over \$15,000 worth of pro bono programming in the community last year. The total budget for FY24 was \$94,398.25. In reviewing programming, Ms. Emery discovered that she delivered 1,400 hours of her time instead of the anticipated 1,100 hours. If the current budget is maintained with no increase, some programs would have to be dropped. A proposed budget of \$105,398.25 was put forth with a budget increase of over 10%.

Noreen Mavro-Flanders said that at every Wellness Committee meeting they thank Triva for her work that she has done for the Vineyard. The program has grown tremendously, and everyone is incredibly happy. She got into the schools and is working on public safety as well.

Bob Whritenour said that Triva provided a great presentation, and it has been great to watch the program grow. He thanked Triva for the work on the budget. There was no question on the programs but a desire to get uniformity in reporting.

All agreed that the wellness component on the Cape is particularly important and valuable.

Approval of the Vineyard Wellness budget for FY25:

Noreen Mavro-Flanders motioned to approve the Vineyard wellness budget of FY25 for \$105,398.25.

Motion



Debra Blanchette seconded the motion.

The motion passed by unanimous vote.

Treasurers Report:

Rich Bienvenue briefly gave a Treasurer’s update. Blue Cross Blue Shield changed their billing method in March which came as a surprise. The way that they reconcile claims has always agreed with his ledger. The level monthly deposit now needs to be paid plus whatever the true up was from the prior month. In that process, they have skipped the fact that the group pays for the administrative fees for the month at the beginning of the month and the credit was not given for that. It has always been the understanding that the group pays at the beginning of the month for the present month. Investigation will be done to resolve the issue.

Joe Anderson said the CCMHG is unique and adds the fee on top of LMD and they will set up a meeting to discuss and resolve.

Mr. Bienvenue said that the prescription rebates are becoming so large that they really need to be accrued. The next is anticipated to be around \$1.9 million.

Mr. Bienvenue said that his rate has not increased in 21 years. He is asking for a \$500 monthly increase from \$2,700 to \$3,200. He loves the job and is trying to be transparent in that he spends more time collaborating with the units and vendors regarding the warrant.

Mr. Anderson wholeheartedly supported the increase.

Approval of the Treasurers Fee increase:

Bob Whritenour motioned to approve the Treasurer monthly fee increase to \$3,500.

Motion

Debra Blanchette seconded the motion.

The motion passed by unanimous vote.

Health and Vendor info:

Harvard Pilgrim – Lauren McCallum said that back in May the group had discussed the Good Measures Healthy Weight Program. At the time, the Steering Committee was in favor, but they thought they needed to take a vote with the Board. There is no additional cost for the group.

Bob Whritenour motioned to approve the recommendation of the Good Measures Healthy Weight Program to the Board.

Motion

Laurie Barr seconded the motion.

The motion passed by unanimous vote.

Other Business:



Gallagher

Insurance | Risk Management | Consulting

There was no other business.

Noreen Mavro-Flanders motioned to adjourn.

Motion

Bob Whritenour seconded the motion.

Michael MacMillan, Steering Committee Vice Chair adjourned the meeting by unanimous consent at 10:06 AM.

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