

# MINUTES OF THE CAPE COD MUNICIPAL HEALTH GROUP

## Steering Committee Meeting

Wednesday, September 20, 2023, 10:30 AM

Martha's Vineyard Regional Transit Authority  
11 A St Airport Business Park  
Edgartown, MA 02539

## MEETING MINUTES

A meeting of the Steering Committee of the Cape Cod Municipal Health Group ("CCMHG") was held on September 20<sup>th</sup>, 2023 at 10:30 a.m. at the Martha's Vineyard Regional Transit Authority offices at 11 A St Airport Business Park, Edgartown, MA 02539.

### Steering Committee members present:

Erin Orcutt, Steering Committee Chair  
Noreen Mavro-Flanders, Board Chair  
Robert Whritenour  
Laurie Barr  
Susan Wallen

Cape Cod Regional Tech  
Duke County  
Town of Yarmouth  
Town of Eastham  
Nauset RSD

### Guests Present:

Rich Bienvenue, CPA  
Triva Emery  
Deanna Desroches  
Caroline Burnham  
Bob Knowles  
Lauren McCallum  
Fred Winer  
Jim Riley  
Bob Kademian  
Sarah McCormick  
Lauren Thomas  
Dawn Barnes  
Beth Kaeka  
Eric Diamond  
Jon Snyder  
Kathy Logue  
Mark Friedman  
Carolyn Stoeber  
Tim Carroll

CCMHG Treasurer  
CCMHG Wellness Consultant (Mainland)  
CCMHG Wellness Consultant (Vineyard)  
Blue Cross Blue Shield of MA (BCBSMA)  
Blue Cross Blue Shield of MA (BCBSMA)  
Harvard Pilgrim Health Care  
Tufts Health Plan  
CanaRx  
PBIRx  
Delta Dental of MA  
Martha's Vineyard Transit Authority  
Town of Chilmark  
Dukes County  
Harwich Fire  
Town of West Tisbury  
Dukes County  
Martha's Vineyard RHS  
Town of Chilmark  
Town of Chilmark

Marie Larsen  
Skip Finnell  
Carol Cormier  
Joseph Anderson  
Marianna Gil  
Karen Quinlivan

Town of Chilmark  
CCMHG Board Chair (Retired)  
Gallagher Benefit Services Inc. (Retired)  
Gallagher Benefit Services Inc. (GBS)  
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There was initially no quorum for the meeting due to traffic at the Bourne Bridge and missed Ferry transportation. The meeting began with the intent to vote on actionable items until the remaining members could arrive for a quorum. Ms. Orcutt asked for a roll call of Steering Committee members present. The following voting members were present:

Erin Orcutt, Steering Committee Chair  
Noreen Mavro-Flanders, Board Chair  
Bob Whritenour  
Laurie Barr

Cape Cod Regional Tech  
Dukes County  
Town of Yarmouth  
Town of Eastham

### **Treasurers Report:**

Rich Bienvenue provided an overview of the financial position as of June 30, 2023 (unaudited figures). The fund balance at the end of June was \$47.1 M, with current YTD earnings of \$3M. There was a significant cash surplus in the investment fund. The Board previously approved moving \$10M to a return seeking fund at Rockland Trust, primarily Money Market instruments. It is generating over a 5% return for the group. Perhaps another \$5M can be moved soon. The fund balance is down from previous years due to intentional spending down with a premium holiday and subsidized rates. There was a final adjustment due to the participation in the MMRA. There was a \$700,000 write-down in equity. The auditors are working on FY23 and should be ready for a December time frame. The dental fund has a surplus of \$8.5M. Claims dipped during COVID, which allowed the surplus to grow. Claims increases are unlikely and the benefit design is being looked at as the group looks for ways to make the surplus work for the group. There seems to be a rotating door with accounts receivable. One of the best practices is to pay as billed and Gallagher will catch up with corrections. Monthly reconciliation of the insurance invoice is also important to catch any necessary corrections within the 60-day timeframe.

Jon Snyder from Tisbury said he would rather have a flat or reduced premium on dental rather than a premium holiday.

Rich Bienvenue said the rate is 1 to 2% lower than it should be.

Joe Anderson from Gallagher said that Gallagher would instead not do it either. The question is always how much to subsidize without a large increase later.

### **GBS Reports:**

Joseph Anderson reviewed the FY24 Funding Rate Analysis (FRA) report with data through August 31, 2023 (paid claims basis). The composite expense-to-funding ratio was 119.2%. The estimated Funding deficit was \$5,115,775. Harvard Pilgrim claims are now coming through for those encounters that actually incurred in the prior fiscal year during the processing freeze -so those numbers are high. The Harvard Pilgrim claims account for the deficit. Going forward, the utilization should look more normal. Medex has been running higher on an annual basis at about 105%, so it will be reasonable to expect that the renewal will reflect a funding increase at the October meeting. The increase in benefits for the Inflation Reduction Act reduces out-of-pocket costs in the catastrophic phase and reduces copays for certain drugs. There is a pass-through of those costs, which will impact the renewal cost. Dental is running at 95.2% with an expense-to-funding surplus of \$52,595.

Karen Quinlivan reviewed the stop loss for the FY23 policy period through July 2023. There were 12 claimants with total claims in excess of the \$400K specific deductible of \$1,469,447.09. Total reimbursements of \$791,371.24 have been received to date, with an outstanding amount due of \$678,075.85. She said there are 53 claimants on the 50% Report with claims totaling \$14,358,568.71. For the FY24 period through July, there are no members at 50% or excess yet. 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.

### **Wellness Reports:**

Mainland – Deanna Desroches said she is working on the quarterly newsletter sent out four times yearly. The next financial workshop will be hybrid at Cape Cod 5. It focuses on end-of-life financial planning, which is very well-attended. Sunday Hikes will begin in October. Pilot programs include Establishing Healthy Boundaries, Breath work, Line Dancing, and intro to Zumba. There are 6,895 members on the portal at this time. Only 59 are actively using it right now. There have been 32 health assessments completed. Twenty-five have reported multiple diseases. 11 members are registered for the Routine is Key Sleep Challenge. Athletic programs coming are LA Blast Dance, Pickleball, Pound Cardio Pilates, and Stand-up Paddleboard. A monthly series for Benefits Administrators is being developed with a different topic each month. These are educational and will be held virtually on the second Tuesday of each month at 1 p.m. They will last 30 minutes, with a 15-minute Q&A at the end. The first topic will be Pinnacle Care on October 10.

Vineyard - Triva Emery said that fall programs are starting up. There are park fitness, Yoga, and Hot Yoga that are continuing. Pickle ball is huge and the schools want a school-specific program. Retirement programs are going strong. The new portal is causing trouble for some people and there are questions from people trying to figure it out. Guidance would be helpful.

Kathy Logue reminded everyone that if member units have email addresses for their employees, they can be forwarded to Triva so her email blast can go directly to them. The Wellness Committee also needs another member, preferably from one of the larger member units.

Ms. Emery also mentioned that there is ongoing management to ensure that the same members are not taking part in the programs all the time. An effort is continuing to encourage unique members.

Robert Whritenour commended the growth that the Vineyard Wellness program has had.

### **PBIRx Report:**

Bob Kademian, RPh provided reporting through the month of June. He said the combined performance for the year showed cost increases of 11.34%. There has been an explosion in the use of weight loss drugs. Blue Cross PMPM costs have gone up 10.49% and Harvard Pilgrim has increased 14.78%. Traditional drug costs were up 14.20%, while specialty med costs were up 9.85%. Drug manufacturers are increasing production, but pharmacies can't get enough drugs. Biosimilars are on the horizon and PBMs are devising strategies for utilizing them. The net price difference will be in rebates and copay cards. They are being added to formularies with a wait-and-see on price. Potential cost savings could be very large. Dramatic effects will probably be felt in 2025. Experience is a determinant factor in making members switch. There is a waiting game to see who will break price first. Pillar Rx is realizing good savings for the group.

### **Health and Vendor Reports:**

CanaRx – Jim Riley said that total plan savings through July were \$254,869, with projected annual savings of \$436,919. Online enrollment is rolling out on October 1. This should remove a lot of barriers for folks. IDs can

be uploaded and CanaRx can help complete enrollment and reach out to doctors for prescriptions. It has been in the pilot phase for a while and is now ready to go. The next quarterly postcard will highlight the new enrollment opportunity. A new webinar targeted specifically for benefit administrators has also been developed and is ready to be sent anytime.

BCBS - Carli Burnham said that the current savings report from Pillar Rx shows that there are currently 120 enrolled members with 36 medications being used. Current savings are \$550,500, and since implementation, the total savings since inception is \$735,400. Blue Cross announced that Narcan will go from a tier 3 medication to a zero-cost medication. Up to 2 Narcans can be obtained every 30 days. If groups are looking for a presence at senior health fairs, please let Blue Cross know as soon as possible.

*Susan Wallen, a voting member of the Steering Committee, joined the meeting at this time.*

Erin Orcutt officially called the meeting to order at 11:34 AM.

HPHC - Lauren McCallum said that as a reminder, as of January 1, HPHC is withdrawing from Connecticut as part of the enrollment area. The Cape only had one member on the HMO plan, which has been addressed. Behavioral Health will transition as of November 1 to an in-house network. The United Health Behavioral Health Network will continue to be used while more providers are added to the HPHC network. All members will receive new ID cards, including contact numbers for Behavioral Health. Starting January 1, 2024, the traditional fitness reimbursement is moving towards a Wellness Reimbursement Benefit for fully insured plans. Mindfulness apps, seasonal town clubs, athletic fees, and equipment can also be included. As a self-funded entity, CCMHG can opt into this, as well as expand the total reimbursement to \$300 per family. The pharmacy benefit manager Optum also emails members about medication savings opportunities. Please outreach for presence at fairs as well.

Delta Dental – Sarah McCormick introduced herself as Nina Conroy's replacement. There were no further updates.

#### **Approval of Minutes of the July 26, 2023 Steering Committee Meeting:**

Noreen Mavro-Flanders motioned to approve the minutes of July 26, 2023 as presented.

Motion
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Bob Whritenour seconded the motion.

The motion passed by unanimous vote.

#### **Other Business:**

Kathy Logue asked if a brief instructional piece could be put together on how to process a dental claim.

Sarah McCormick said that sometimes the out-of-network provider will submit the claim for a member. If that is not an option, a tutorial could be put together.

Noreen Mavro-Flanders thanked the members of the Vineyard who attended today. She would be stepping down as Board Chair at the next organizational meeting. There is an opportunity for an alternate on the Board and there is also a permanent position on the Steering Committee for the Vineyard. Those who want to consider participation are encouraged to step forward.

The next Steering Committee Meeting was set for 9:00 a.m. on October 25<sup>th</sup> at Barnstable County offices.

There was no other business.

Noreen Mavro-Flanders motioned to adjourn the meeting.

Motion

Laurie Barr seconded the motion.

Chair, Erin Orcutt, adjourned the meeting by unanimous consent at 12:00 PM.

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