

# MINUTES OF THE CAPE COD MUNICIPAL HEALTH GROUP

**Steering Committee Meeting**  
Wednesday, November 16<sup>th</sup>, 2022, 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 November 16<sup>th</sup>, 2022 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  
Debra Blanchette  
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 Barnstable  
Town of Eastham  
Nauset RSD  
Monomoy RSD  
Dennis Yarmouth RSD  
Hyannis Fire District  
Cape Cod Collaborative

### **Guests Present:**

Rich Bienvenue, CPA  
Deanna Desroches  
Kathy Logue  
Jeffrey Morassi  
Caroline Burnham  
Julie Scansaroli  
Lauren McCallum  
Fred Winer  
Bob Kademian, RPh  
Nina Conroy  
Jim Riley  
Joseph Anderson  
Marianna Gil  
Karen Quinlivan

CCMHG Treasurer  
CCMHG Wellness Consultant (Mainland)  
Town of West Tisbury  
Mass Teachers  
Blue Cross Blue Shield of MA (BCBSMA)  
Blue Cross Blue Shield of MA (BCBSMA)  
Harvard Pilgrim Health Care  
Tufts Health Plan  
PBIRx  
Delta Dental of Mass  
CanaRx  
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 November 16<sup>th</sup>, 2022 Steering Committee Meeting:**

Laure Barr motioned to approve the minutes of November 16<sup>th</sup>, 2022 as presented.  
Bob Whritenour seconded the motion.  
The motion passed by unanimous vote.

Motion
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### **Treasurer's Report:**

Treasurer Richard Bienvenue, CPA reviewed the financial reports of October 31<sup>st</sup>, 2022 (unaudited figures). Mr. Bienvenue provided a brief overview of the financial position. Total claims costs were \$9.4M, which was a decline since September. The Investment Income showed a gain in October of \$921,353, but it had been negative in the two previous months. Net Income in October was \$3.2M, but September showed a loss of \$1.5M. The group is breaking even in terms of claims experience. Investment income had a loss due to market volatility in the short term but hopefully will recover. There has been a substantial collection of reinsurance. Mr. Bienvenue said he had a marathon session with the auditor. The MMRA has been reconciled. The draft report should be ready in the near future.

### **Wellness Reports:**

Mainland Wellness Report – Deanna Desroches said that the monthly newsletter was distributed. The December Financial wellness workshop “I Did it My Way” covered end-of-life affairs and was attended by 26 members. The six-week Financial Wellness Series: Financial Health in 2023 will begin on January 10<sup>th</sup> and run every other week. Saturday morning walks in January will coincide with the Winter Warrior Challenge. Tuesday/Thursday evening walks see 6-12 members attend each evening. The Hiking series will be offered again in the Spring. Self-defense for women will begin on January 10<sup>th</sup> and run for four weeks. If successful, another program will be offered in February. Two cardio dance classes will be offered in the New Year. Both incorporate dance into a great workout. There are 795 members registered on the portal, with 110 members receiving \$35 gift cards. The next incentive to reach 50 points by 12/31/22 will have a chance for an additional \$200. There have already been 124 health assessments done. The senior benefits fair was extremely successful. There were 30 who pre-registered and another 15 walk-ins joined. Health fairs and screenings are beginning to be scheduled for the Spring. The first Learn to Cook “Healthier Comfort Foods” series will begin at Cape Cod Regional Tech on January 18<sup>th</sup>. Stress Reduction clinics at the Compact on the third Wednesday of each month are as follows: Sound Bath in December, Chakra work in January, and self-healing techniques in February. There will be a four-week series on finding inner happiness in January and Qigong and Chair Yoga in February.

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

### **GBS Reports:**

Joseph Anderson reviewed the FY23 Funding Rate Analysis (FRA) report with data through October 31<sup>st</sup>, 2022 (paid claims basis). The composite expense-to-funding ratio was 88.2%. The estimated Funding surplus was \$6,020,947. Dental expense-to-funding ratio was 82.78%, with a surplus of \$367,485.

From a budgeting standpoint, 8% seems prudent for the upcoming renewal trend. Mr. Anderson said he does not expect an outlier on the calculation.

Michael MacMillan asked where we were last year.

Mr. Anderson said that last year was break-even. There is a weighting on the claims data of two-thirds for the most recent twelve months and one-third for the twelve months before that. The recent history in the last four months is positive. The funding rate analysis is based on claims trend against funding. Extra programs are not included in that and are not used to determine rates. There can be a high degree of variability year-to-year based on experience and high cost claims.

Karen Quinlivan reviewed the Reinsurance reports. She said the FY22 policy period through October 2022 had 23 claimants with total claims in excess of the \$400K specific deductible of \$3,167,899. Total reimbursements of \$2,740,174 have been received to date with an outstanding amount due of \$427,725. She said there are 44 claimants on the 50% Report with claims totaling \$11,998,547. For the FY23 period through October, there are 6 members on the 50% report with an updated total paid claims of \$1,490,878.

### **Liability Discussion:**

Recently the preparation of live cooking events for the Wellness program brought up the concern of liability issues for CCMHG and whether the group should be concerned about it.

Deanna Desroches said that her liability insurance covers her and member units have their own liability insurance.

Erin Orcutt questioned whether the group should also have additional liability insurance in place.

Bob Whritenour said that when CCMHG sets rates, limits, and deductibles, from a legal standpoint, the organization does not exist under M.G.L. Chapter 32B. It is each individual municipal government and organization. It may be that the liability insurance of the constituent organization covers the CCMHG. To what extent is the group indemnified by the member units?

Leo Peloquin can be contacted on behalf of the group for a further legal opinion.

Erin Orcutt also wanted to remind the group that the annual ethics disclosure is important to be filed if any member of the Steering Committee takes insurance from CCMHG.

### **PBIRx Report:**

Bob Kademian, RPh from PBIRx provided reporting through the month of October. He said the combined estimated per member per month prescription drug costs, including Rx rebates, were \$136.09 last year and \$151.65 this year. The increase was 11.43%. Traditional drug costs were up 2.25%, while specialty med costs were up 17.48%. Blue Cross Rx costs were up 10.83% net of rebates, and Harvard Pilgrim costs were up 13.68% versus last year. Increased utilization of specialty drugs is what is driving up costs. Top specialty drugs through October 23<sup>rd</sup> are running a little lower than last year. October was the first month that Pillar Rx was impacting costs. They announced that three drugs for PillarRx are being taken off the program on January 1<sup>st</sup>, 2023. Humira, Skyrizi, and Rinvoq have been removed. Bio-similars will be coming in the upcoming year for that program. It will result in approximately \$150,000 in lost savings for the group in that program. The good news is that only 43 members are taking Humira, one taking Rinvoq, and only 7 taking Skyrizi.

### **Health Dental and Vision Reports:**

Blue Cross – Caroline Burnham said that the prior Board vote to include the senior population in Pinnacle Care had been noted and they are working on adding that population to eligibility files. The Medicare HMO population

cannot be included in files because of the attestation with CMS. There are only 5 members on the Medicare HMO Blue Plan.

Harvard Pilgrim – Lauren McCallum said they have already been sending the Medicare Enhanced population, so they should be all set. At this point, all members should be set with the PBM change to Optum. Letters to any impacted members went out.

Tufts – Fred Winer said that ID cards have all been sent for the PBM change for the Tufts plans as well. Prior authorizations have been forwarded over. The only information that needs to be updated is credit card info. In regards to Pinnacle, Tufts cannot do an extract file for the senior population, but it is a small number of members and GBS can accommodate that.

Delta Dental – Nina Conroy said that the renewal for the CCMHG will be available in early January and they will be increasing the annual calendar max to \$1,500 on both plans. Sun Life has bought DeltaQuest, an umbrella Delta Dental was under. The only impact is her email address will be changing to [NConroy@deltadentalmass.com](mailto:NConroy@deltadentalmass.com). Members will not see any changes at all.

CanaRx – Jim Riley said that savings through October are \$390,000 and are projected to be approximately \$475,000 for the year. A quarterly postcard campaign will be targeted with marketing partners and should kick off after the first of the year. Informational packets are also being put together for Benefits Administrators with member FAQs, plan FAQs, and Plan-holder FAQs and marketing options.

#### **Other Business:**

The next Steering Committee meeting is scheduled for 9:00 AM and all are encouraged to attend in person.

The CCMHG Board Meetings were set for February 8, 2023, April 26, 2023, July 26, 2023, and October 25, 2023 at 10:00 AM. The location will be at Barnstable County Offices, The Mary Pat Flynn Conference Room 3195 Main St Barnstable, MA 02630.

Nomination of a Vice-Chair of the Steering Committee should be looked at for a future meeting.

There was no other business.

Susan Wallen motioned to adjourn the meeting.

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

Motion
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Chair, Erin Orcutt, adjourned the meeting at 10:17 AM.

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