

MINUTES OF THE CAPE COD MUNICIPAL HEALTH GROUP

Steering Committee Meeting
Thursday, June 11, 2026, 9:00 AM

By Virtual participation

A meeting of the Steering Committee of the Cape Cod Municipal Health Group (CCMHG) was held on June 11, 2026, at 9:00 A.M.

Steering Committee members present:

Erin Orcutt, Steering Committee Chair
Michael MacMillan, Steering Vice Chair
Deb Watson
Susan Wallen
Robert Whritenour
Justyna Marczak
Beth Kaeka
Gareth Markwell
Megan Downey
Elaine Graves

Cape Cod Reg. Tech.
Monomoy RSD
Town of Barnstable
Nauset RSD
Town of Yarmouth
Barnstable County
Dukes County
Town of Barnstable
Town of Chatham
Dukes County Retirement

Guests Present:

Patricia Joyce
Jill Gallant Shaw
Bob Kademian
Marc Shapiro
Debra Watson
Lauren McCallum
Cashel Scanlon
Joyce Walling
Jaime Fry
Angela Medeiros
Cheryl Bengal
Daniel Shanahan
Julie Scansaroli
Deanna Desroches
Triva Emery
Briana Kane
Sarah McCormick

Abacus Health
Abacus Health
PBIRx
PBIRx
Town of Barnstable
Harvard Pilgrim
Harvard Pilgrim
Eyemed
Eyemed
PBIRx
Point32 Health
Blue Cross Blue Shield (MA)
Blue Cross Blue Shield (MA)
Mainland Wellness Coordinator
Vineyard Wellness Coordinator
Cape Light Compact
Delta Dental

Joseph Anderson
Diane Laflash

Gallagher Benefits Services
Gallagher Benefits Services

Erin Orcutt, Steering Committee Chair, called the meeting to order at 9:03 A.M.

Erin Orcutt explained there are no meeting minutes to approve from the last meeting, and those will be available for a vote at the next meeting.

Teladoc Weight Management Program (BCBSMA)

Dan Shanahan with Blue Cross Blue Shield presented the Teladoc Weight Management Program that will be effective July 1, 2026. The program is implemented following the exclusion of weight loss GLP-1 medications from CCMHG coverage. The Teladoc Weight Management Program includes physician support, registered dietitians and nutritionists, health coaching, mental health support, mobile application for communication and monitoring, and connection to a digital scale. The program is available to all members, including those not utilizing GLP-1 medications. Dan highlighted that monthly utilization, and outcome reporting will be available beginning approximately three months after implementation. Dan also explained that there is no member cost for participation other than any medication expenses. The program cost is \$70 per engaged member per month for year one, and then it becomes \$37 per engaged member per month for year two.

Wellness Reports

Triva Emery gave an update, beginning with a successful recent Cross-Island hike. Triva reported they are busy with summer kayaking, pickleball, tennis, golf, paddle boarding, and ocean swim programs. Triva also highlighted there are ongoing efforts to ensure proper insurance coverage and liability protections for water and cycling activities.

Deanna Desroches gave an update of upcoming initiatives that include poolside Pilates, sunset yoga, stand-up paddleboard, fly fishing clinics, and outdoor dance series. Deanna reported that a wellness portal renewal is underway, and the FY27 wellness incentive materials are scheduled for July 1 distribution. There is also increased communication planned to encourage utilization of wellness reimbursements and carrier incentive programs. Deanna highlighted there is positive attendance for workshops that cover retirement planning, Medicare education, fraud awareness, and end-of-life planning.

Financial Reports

Joseph Anderson provided financial updates on behalf of the treasurer. Joseph reviewed that the claim's performance remained generally favorable through April, and most plans remained in a positive position. The GLP-1 claim activity continues to impact claims experience but is offset through manufacturer rebate arrangements. Joseph highlighted the dental program is operating as expected with a deficit of approximately \$342,000 reported, but that is consistent with strategy to reduce excessive reserves. Joseph then moved on to review stop loss. The large claimant activity remains manageable, with one claimant exceeding \$1 million in annual claims. The preliminary stop-loss renewal increase is projected at 10-15%, lower than the 25% budgeted assumption.

Eyemed Vision Benefit Discussion

Jamie Fry and Joyce Walling from Eyemed attended the meeting to discuss service concerns. The committee expressed concerns regarding limited attendance at open enrollment events, lack of ongoing engagement, delayed responsiveness, and minimal participation at Steering and Board meetings. Jamie Fry acknowledged the concerns and expressed a commitment to improving communication and participation from Eyemed. Joyce Walling agreed to provide regular updates and annual business reviews. There was also discussion about addressing provider access concerns on Martha's Vineyard. The outcome of the discussion is that Eyemed will increase engagement with CCMHG, there will be annual utilization and business review planned, and a target presentation anticipated for the fall Board meeting.

PBIRx Pharmacy Update

Marc Shapiro and Angela Medeiros presented pharmacy performance and upcoming plan changes. Marc reviewed the overall pharmacy spend increased approximately 13%, driven primarily by GLP-1 utilization. Specialty drug trend decreased approximately 1% due to biosimilar implementation. It was also highlighted that Obesity-related GLP-1 medications will be excluded effective July 1, 2026. Angela then reviewed there are two lifestyle management applications launching July 1. The wellness reimbursement increased to \$400. Angela also highlighted the two Harvard Pilgrim Healthcare specific changes, the first being the pharmacy benefits transitioning to CVS Caremark. The second being the Foundation Assistance Program implementation, which is expected to generate more than \$1 million in annual plan savings, and approximately \$55,000 in member savings.

Website Redesign Discussion

The committee revisited long-standing concerns regarding the CCMHG website. The issues identified were difficult to navigate, outdated information, dead links and inconsistent document maintenance. Members agreed a redesign should be pursued. Deanna Desroches will coordinate a survey of members and benefits administrators to see what they would like changed on the website. Elaine Graves, Briana Kane, Deanna, and Michael MacMillan will assist with developing survey questions. Website analytics and current contract information will be gathered for review. Future vendor options will be evaluated after survey results are received.

Carrier and Vendor Updates

Patricia Joyce from Abacus Health reviewed the Good Health Gateway Diabetes Program. Patty highlighted continued participation in health fairs and diabetes management programming, as well as ongoing distribution of educational materials.

Julie Scansaroli from BCBSMA announced her transition off the CCMHG account, and Alicia Cruz will be the new account consultant.

Sarah McCormick from Delta Dental gave a brief update regarding ongoing program improvements and member support.



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Other Business:

Michael MacMillan brought up the topic of developing formal procedures regarding third-party vendor engagement, and data privacy with vendors. Joseph Anderson will draft protocol recommendations. There will also be an annual contract review process to be incorporated into governance activities.

Michael McMillan made a motion to adjourn the meeting.

Robert Whritenour seconded the motion.

Michael McMillan adjourned the meeting at 11:09am.

*Minutes prepared by Jess Clifford
Gallagher Benefit Services, Inc.*