

Greater Tompkins County Municipal Health Insurance Consortium

Owning Your Own Health Committee

November 20, 2019

3:00 p.m.

Town of Ithaca Offices, Aurora Conference Room

(Call In #: 607-378-3962, Meeting ID: 579043617)

Agenda

1. Call to Order (3:00) Servoss

2. Introductions Servoss

3. Additions or Amendments to the Agenda (3:05) Servoss

4. Approve Minutes of August 21, 2019, September 18, 2019 and October 16, 2019 Meetings (3:07) Servoss

5. Executive Directors Report (3:10) Dowd
 - November Update
 - OYOH & Joint Committee Recommendation
 - Blue4You 2020 Rollout

6. Flu Clinic Update (3:20) Griep

7. Wellness Plan update: October & November; planning for December & 2020 (3:30) Dowd
 - November 2019
 - Excellus Member Care Management/Wellframe App
 - Diabetes Awareness Month
 - Maintain, Don't Gain Challenge
 - December 2019
 - Maintain, Don't Gain Challenge rollover
 - January 2020
 - Wrap up Maintain, Don't Gain Challenge
 - Blood Donor Month (*optional*)
 - Healthy Weight Awareness month (*optional*)
 - February 2020 (*options*)
 - American Heart Association month
 - National Cancer Prevention month

8. Maintain, Don't Gain Program Rollout (4:00) Dowd

9. Chair Update (4:30) Servoss
 - Committee Membership 2020

10. Adjournment (4:45)

Next Meeting: December 18, 2019

**Owning Your Own Health Committee
Minutes – Draft
October 16, 2019 – 3:00 p.m.
Legislature Chambers**

Present: Judy Drake, Jackie Kippola Leslie Moskowitz, Emily Mallar
Excused: Kathy Servoss, Sarah Thomas, Jim Bower, Bev Chin
Absent: Tammy Morse, Tyler Jordan
Guests: Elin Dowd, Executive Director; Brittni Griep, Administrative Assistant; Ken Foresti,
Excellus
Via Conference call: Corey Prashaw, ProAct

Call to Order

Ms. Dowd, Executive Director, called the meeting to order at 3:10 p.m.

Changes to the Agenda

Ms. Dowd stated that there is another topic to be added under the flu clinic update line item. There were no other changes to the agenda.

Approval of August 21, 2019 and September 18, 2019 Minutes

Due to lack of quorum, the meeting minutes for the August 21, 2019 and the September 19, 2019 meetings were deferred until the November 2019 meeting.

Executive Director's Report

Ms. Dowd provided an update and stated the Board approved a 5% premium increase budget for 2020 at the September 26, 2019 meeting. This increase has been communicated to the municipalities. At the September 2019, the Board also voted and approved four (4) new Participants into the Consortium. These Participants include: the Lansing Community Library, the Town of Horseheads, the Town of Spencer and the Village of Watkins Glen. This brings the total number of municipalities in the Consortium to 44, including over 6,000 covered lives. Ms. Dowd stated that there has been increased interest in becoming part of the Consortium and she and Mr. Barber plan on meeting with those municipalities next year.

On November 7th, 2019, the Consortium will be hosting a Benefit Clerk Training at the Health Department, in conjunction with Excellus. This Training will take place in the Rice Conference Room at the Health Department and will go over, in detail, the many different ways the Consortium functions. This will be done as a webinar as well and Ms. Dowd hopes to record this webinar so that it will be available after the training date.

Ms. Dowd stated that the Consortium has been doing a lot of presentations recently. She has recently done presentations at the City of Cortland, the Tompkins County Public Library and Tompkins-Cortland Community College. There has been interest in learning more about the Platinum Plan and what it has to offer. There has also been interest in the Medicare Supplement plan that is available.

Flu Clinic Update

Ms. Griep provided an update to the Committee on the numbers from the flu clinics that took place at the end of September and beginning of October. The Human Services Building in Tompkins County had 74 participants (41 in 2018); the City of Cortland had 38 participants (37 in

2018); the City of Ithaca had 61 participants (44 in 2018), and the Department of Emergency Response in Tompkins County had 15 participants. The Department of Emergency Response flu clinic was an add-on clinic at their request. The Tompkins County Highway Department will also be hosting a one-hour add-on clinic at their site on October 22nd. Ms. Griep is still waiting on the final numbers for the clinics held in Seneca County and at Tompkins County Administration.

Ms. Dowd called Mr. Prashaw to join the meeting at this time. Mr. Prashaw provided feedback and information regarding the flu clinics that the Consortium hosted. Mr. Prashaw stated that there was a huge miss with the high dosage vaccine that was not provided at a specific clinic as promised and that the pharmacist missed a clinic in its entirety, as previously [reported to Ms. Dowd and Ms. Griep](#) mentioned [TCHC1]. He apologized for these mix-ups and stated that it shouldn't happen again. Mr. Prashaw stated that the feedback he received from the pharmacist who administered the shots at the clinics was that the participants found the flu clinics to be very helpful and convenient. He went on to state that the 2019 flu clinics have proven to be a success, even higher than 2018 which had previously been the highest participation to date. Mr. Prashaw stated that he will give additional updates on the numbers for the flu shot participants as more numbers are reported, as people are still visiting local pharmacies to get their flu shots.

Ms. Dowd asked Mr. Prashaw about the possibility of providing a flu shot clinic for children as we have had a request for this recently. Mr. Prashaw stated that he would be interested in speaking with Ms. Dempsey about this and possibly setting this up for next year. Ms. Dowd stated that if this type of flu clinic was hosted by the Consortium, the clinic would have to be either on a Saturday or after hours. This could possibly be held at Tompkins-Cortland Community College so that people can travel from Tompkins and Cortland Counties and have their child or children receive their flu shots.

Ms. Moskowitz thanked ProAct for their accommodation in providing a clinic at the City Highway Department as they had requested this. She then stated that the pharmacist that performed the clinic at the City of Ithaca was telling individuals that they could possibly get their shingles or zoster vaccine at the pharmacy and the pharmacist had told individuals that she would look into it. Mr. Prashaw provided feedback regarding this topic. He stated that ProAct only covers the flu shot at the pharmacy and that if anyone was interested in either the shingles or zoster vaccine, they have to visit their primary care provider. Ms. Mallar stated that she would support the option for the Consortium to cover the cost of the shingles vaccine at the pharmacy since 1 in 3 people, not just elderly people, are getting the shingles and the time that the individual may have to miss from work may be incentive enough to get this shot covered as well.

Ms. Servoss joined the meeting via conference call at 3:37 p.m.

Wellness Calendar/Events

Ms. Dowd stated that we have been working closely with Mr. Foresti to get on a schedule with Excellus to obtain some of their materials while creating material for the monthly wellness topics. We will also be working with ProAct to utilize their materials as well.

For the month of October, we will be sending out information regarding two (2) different topics. The first topic being Breast Cancer Awareness. An example of the Consortium material was handed out to those in attendance. If the Committee agrees to the plan, we would like to know how the Benefit Clerks would like to receive this information. Within one of the topics for this month, Ms. Dowd stated that she would like to send out information regarding paid leave for cancer screenings. A section New York State Municipal Law states that employees can get up to four (4) hours of paid leave for cancer screenings and mammograms are a cancer screen so that ties into the Breast Cancer Awareness topic for the month.

The other topic for the month of October is promoting the Telemedicine feature of Excellus. There is a webinar on Tuesday, October 29th at 12:00 p.m. for those who are interested in seeing how the function works and how they can benefit from using this service offered to them. Mr. Foresti will be hosting the webinar and will send the details to Ms. Griep.

Ms. Moskowitz expressed her interest, and others agreed, that the wellness items should come all at once and preferably not on Mondays.

The November wellness topic was discussed at length. The Consortium is launching a Maintain, Don't Gain Challenge that will run from November 15th, 2019 through January 6th, 2020. A sample [policy for the Maintain Don't Gain Challenge](#) ~~FFCHC23~~ was sent out to the Committee members and was also distributed and discussed at the meeting. There will be no weigh-ins as part of this challenge and the most important thing for the Committee and the Consortium is participation.

As a part of this challenge, Ms. Dowd stated that we are looking at two different types of raffles. The first being for the first 100 participants who sign up for the challenge. These individuals would get an "entry prize" which was discussed as possibly being a reusable tote bag. Once the challenge is completed, all who have entered would be entered for a Grand Prize. Weekly strategies and reminders would be sent to the participants for ways to maintain a healthy lifestyle without gaining weight throughout the holidays. Ms. Moskowitz discussed possibly having a blog for support for those who choose to participate in this challenge.

Ms. Dowd discussed the possible backlash from some who may not want their premiums to go toward prizes for a challenge. She emphasized that each municipality signed a wellness agreement and that the Consortium is trying to encourage a healthy lifestyle for all participants. Tompkins County is offering a cash incentive for those who engage in a healthy lifestyle so this would be similar. Ms. Dowd asked for support from the Committee in these plans for the Maintain, Don't Gain Challenge. All were in favor.

Adjournment

The meeting adjourned at 4:10 p.m.