



Greater Tompkins County Municipal Health Insurance Consortium

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"Individually and collectively we invest in realizing high quality, affordable, dependable health insurance."

MINUTES – APPROVED

Greater Tompkins County Municipal Health Insurance Consortium

Joint Committee on Plan Structure and Design

February 1, 2018 – 1:30 p.m.

Rice Conference Room, Health Department

Present:

Municipal Representatives: 11 members

Judy Drake, Town of Ithaca and Board of Directors Chair; Betty Conger, Village of Groton; Bud Shattuck, Village of Union Springs; Eric Snow, Town of Virgil; Carissa Parlato, Town of Ulysses; Charmagne Rumgay, Town of Lansing; Laura Shawley, Town of Danby; Schelley Michell-Nunn, City of Ithaca (arrived at 1:35 p.m.); Jeff Walker, Village of Cayuga Heights; Ann Rider, Town of Enfield (arrived at 1:47 p.m.); Sarah Thomas, Tompkins County

Municipal Representative via Proxy: 5

Michael Murphy, Village of Dryden (Proxy – Judy Drake); Mark Witmer, Town of Caroline (Proxy – Judy Drake); Jennifer Case, Town of Dryden (Proxy – Judy Drake); Mack Cook, City of Cortland (Proxy – Judy Drake); Sandy Doty, Town of Willet (Proxy – Judy Drake)

Union Representatives: 5 members

Olivia Hersey, TC3 Professional Admin. Assoc. Unit; Tim Farrell, City of Ithaca DPW Unit; President; Doug Perine, Tompkins County White Collar President; Tim Arnold, Town of Dryden DPW

Union Representatives via Proxy: 3

Jim Bower, Bolton Point Water Unit (Proxy – Olivia Hersey); Theresa Viza, Tompkins County Library Staff Unit (Proxy – Olivia Hersey); Jeanne Grace, City of Ithaca Executive Unit (Proxy – Tim Farrell)

Others in attendance:

Don Barber, Executive Director; Ted Schiele, Owning Your Own Health Committee Chair; Corey Prashaw, Austin Washburn, ProAct; Emily Mallar, CAP; Sharon Bowman, Tompkins County; Beth Miller, Excellus

Call to Order

Ms. Hersey called the meeting to order at 1:33 p.m.

Changes to the Agenda

There were no changes to the agenda.

Approval of Minutes of October 5, 2017 and January 4, 2018

It was MOVED by Mrs. Shawley, seconded by Mr. Perine, and unanimously adopted by voice vote by members present, to approve the minutes of October 5, 2017 and January 4, 2018. MINUTES APPROVED.

Election of Chair and Vice Chair

Ms. Hersey opened the floor for nominations for Chair and Vice Chair. Mr. Barber clarified that leadership is selected by all members.

Mrs. Shawley nominated Ms. Hersey as Chair for 2018, seconded by Ms. Conger. With no further nominations, Ms. Hersey was unanimously elected by voice vote to be Chair for 2018.

Ms. Drake nominated Mrs. Shawley and Vice Chair for 2018, seconded by Ms. Conger. With no further nominations, Mrs. Shawley was unanimously elected by voice vote to be Vice Chair for 2018.

Election of 3rd Labor Representative to the Board of Directors

It was MOVED by Ms. Hersey, seconded by Mr. Perine, and unanimously adopted by voice vote by members present, to appoint Zack Nelson as the 3rd Labor Representative to the Board of Directors. MOTION CARRIED.

Chair's Report

Ms. Hersey said at the last meeting the Committee heard a very interesting presentation on the opioid crisis. She encouraged members who were unable to attend that meeting to watch the video that is posted on the Consortium's website. She reported on other Committee activity and said the ProAct prescription drug claims audit is coming to an end. There were no major findings and she believes the Consortium is getting stronger and doing better each year. The next Board of Directors will be in March. Mr. Barber added that at this Committee's next meeting Mr. Locey will be reporting on the Consortium's Metal Level plan actuarial value compliance.

Executive Director's Report

Mr. Barber reported on the Consortium's year-end budget and said instead of ending 2017 with the budgeted net income of -\$1.4 million, it ended the year with a positive \$2.8 million. At the next meeting Mr. Locey will have more information as the actuary and accountant begin to work through those numbers. He also reported on Stop Loss insurance and said in 2017 the Consortium was to pay the first \$450,000 of any claim and there were no claims that reached that level with most large claims being under \$200,000. The Audit and Finance Committee was directed by the Board to review Stop Loss insurance for the Consortium and as a result has increased the Catastrophic Claims Reserve from \$1.05 million to \$2 million and also increased the exposure from \$450,000 to \$600,000. This means the Consortium will be taking on a larger risk for large claims; however, the history of the Consortium's claims shows this to be a prudent step to take.

Mr. Barber reported the Owning Your Own Health Committee has been working on a description for a Wellness Consultant that the Consortium will hire. This individual will work on worksite wellness programs and will try to leverage resources in communities and will also collaborate with Excellus, ProAct, and other programs to help with other wellness initiatives.

Blue4YOU

Mr. Barber said this program is included as a benefit in the Metal Level Plans and is being rolled out through the months of February and March. Ms. Miller this is an excellent and simple program that provides an opportunity to members to know their biometric numbers such as blood pressure and triglycerides. She said the program is gaining traction as more members are enrolled in Metal Level Plans and announced a competition by municipalities. A prize basket will be presented to the municipality with the most positive enrollment in the program. Ms. Thomas said Tompkins County will be incentivizing this as well and will be putting together additional items to recognize members who enroll in this program.

CanaRX

Mr. Barber reported on enrollment in the CanaRX program and said there is a potential for 500 of the Consortium's subscribers to use the program. Currently there are over 100 subscribers using the program. This is a voluntary program available to any Consortium member with a 90-day maintenance medication that is on the CanaRX formulary. There is no member copay and the cost to the Consortium for the medication is significantly less than it would otherwise be. On a quarterly basis ProAct is notifying members with qualifying medications of this opportunity. Mr. Prashaw said ProAct is hoping to expand the formulary to include more specialty and chronic condition medications. Mr. Barber said in addition to the quarterly letter, information on the program is also included in the Consortium's newsletter.

Wellness Consultant RFP

Mr. Barber said the Owning Your Own Health Committee anticipates having a final draft of the RFP ready for review by the Audit and Finance Committee at the end of the month with a final proposal presented to the Board of Directors in March.

Communication with the Department of Finance Services

Mr. Barber said a very good meeting was held Senator Seward in November and since that time there has been communication. He reported on a request that was initially made three years ago for the Department to waive the requirement for the Consortium to purchase aggregate stop loss insurance. This is insurance that the Consortium pays approximately \$70,000 for annually and would never use. At that meeting the Consortium was informed that requirement was being waived.

Can Our Benefit Plans Respond More Proactively to Opioid Crisis?

Mr. Barber said there have been discussions about this since the last meeting. Ms. Miller said as a steward of the Consortium she has been giving a lot of thought to what she can do to help the membership. She said members have benefits in their plan for mental health and substance abuse and noted training and education is key. Ms. Miller offered information on resources and tools that are available if someone has a family member or knows of someone who needs help.

Ms. Miller said at the last meeting information was presented by physicians on the pros and cons of pain management. She said there is a reason these drugs exist; however, some of them are being used inappropriately and at the last meeting Excellus and ProAct spoke of the controls they have put in place through the claims process. Ms. Miller said there is a lot of legislation being developed to address the epidemic that includes guidelines for how many pills are released and there is more training and information within the media.

Ms. Miller said the Consortium has multiple benefit plans with members from 31 different municipalities. All plans have essential benefits for services such as substance use, inpatient detox and rehabilitation, residential daycare, mental health and behavior health care inpatient, mental health residential benefits, and outpatient program benefits. She focused on how members get to care and said knowing your primary care doctor is very important. Excellus is working with primary care physicians to create an integrated approach and are trying to identify people who might be addicted to opioids or have a mental health need. She called attention to the phone number on the back of each member's identification card or the website and encouraged members to reach out to Excellus for information on benefits within a plan as a first step in getting someone to care. She also pointed out that many municipalities offer an Employee Assistance Program which is another resource members can use to seek help.

Ms. Miller spoke of steps Excellus is taking to address the opioid epidemic and said they have representative who meet and offer training to participating providers.

Mr. Washburn said at the last meeting both Excellus and ProAct explained what steps they are taking to prevent the crisis from spreading further and what resources are being provided to people who are already being impacted. The presentation given at the last meeting outlined the team approach being taken by providers to provide resources, education, appropriate medications, and support for members battling this epidemic.

Ms. Mallar, Director of Care Management for CAP, said in her meetings with Ms. Miller she has brought up the negative connotation surrounding mental health when it should be considered in the broader sense of wellness. She spoke of the importance of having a primary care provider and said work has been done in the community with providers to bring in professionals who have expertise in mental health diagnosis and embedding those into primary care offices. At this time she believes all primary care physicians in the community accept Excellus insurance; the only hurdle that may exist could be finding a provider who is accepting new patients. She noted CAP offers a resource that provides information on providers who are accepting new patients. She distributed brochures on a new harm reduction clinic that is opening in the City.

Ms. Drake raised a concern about being prescribed a drug that a member doesn't believe is needed. Mr. Washburn said ProAct has instituted a program to limit the amount of medication for a patient who is treatment naïve or new to therapy to prevent any potential for overuse or abuse and to prevent a member from becoming addicted. Also, a member may refrain from picking up a medication and urged to contact a physician with any questions they have about a medication. Ms. Hersey encouraged members to appropriately discard unused medications that are in their home to also share information with their primary care provider from visits to any other provider.

Ms. Hersey again encouraged members to view the video from the last meeting as there was a lot of great information presented. Mr. Barber distributed copies of an article from the January 29, 2018 Ithaca Journal front page entitled "How Pain Killers became Killers".

New Business

Mr. Barber announced the next educational retreat will be held on April 26th at 6 p.m. at Tompkins Cortland Community College.

Next Meeting Agenda

The following items will be included on the March 1st agenda:

Approval of February 1, 2018 Minutes
Report on Metal Level plan actuarial value compliance
Financial Report

Adjournment

The meeting adjourned at 2:45 p.m.

Respectfully submitted by Michelle Pottorff, Administrative Clerk