



Janet T. Mills
Governor

**STATE OF MAINE
STATE EMPLOYEE HEALTH COMMISSION
61 State House Station
Augusta, ME 04333-0061**

Jonathan French
Labor Co-Chair

Heather Perreault
Management Co-Chair

STATE EMPLOYEE HEALTH COMMISSION MEETING

Thursday, March 16th, 2023 @ 8:30am

Microsoft Teams Meeting

Burton M. Cross Building

111 Sewall Street

Room 103, A&B

Augusta, ME 04330

Commission Members in Attendance: Olivia Alford, Diane Bailey, Lois Baxter, Claire Bell, Cecile Champagne-Thompson, Lynn Clark, Jonathan French, Kelly John, Rebekah Koroski, Lew Miller, Robert Omiecinski, Angela Porter, Shonna Poulin-Gutierrez, Heidi Pugliese, Joanne Rawlings-Sekunda, Kim Vigue & Frank Wiltuck (Total = 18)

Commission Members Absent: Laurie Doucette, Peter Marcellino, Heather Perreault

Vacant Seat(s): 3

Others Present: Nathan Morse, Roberta Dupont, Paige Lamarre, Emma-Lee St.Germain, Joan Hanscom, Devon French, Kurt Caswell- Employee Health & Wellness; Breena Bissell (Co-Chair) – Bureau of Human Resources/DAFS; Sabrina DeGuzman-Simmons, Kevin Fenton – Aetna; Kristine Ossenfort, Becky Craigue, Stefanie Pike, Kim Parker, Jennifer Weber, – Anthem Blue Cross and Blue Shield; Connor Huggins & Libby Arbour – MCD Global Health; Lisa Nolan & Trevor Putnok – Healthcare Purchasers Alliance; Matt Stone, Lynn Hadley & Judy Paslaski – MedImpact; Amy Deschaines, Ken Ralff, & Jacqueline Scherer – Lockton; Marie Bridges – Northeast Delta Dental; Eileen Fallis & Thomas Young – Teledoc Health; Laura Roberts – Sunlife; Lynn Derocher – Local Infusion; Ryan Roberts – General Government Service Center; Donna Taylor.

| Agenda Item | Discussion | Action/Next Steps |
|---|--|---|
| I. Call Meeting to Order (8:41am) | Jonathan French called the meeting to order. | |
| II. Introductions | | |
| III. Review & Approval of Minutes (February 16th, 2023) | | <i>Lois Baxter</i> made a motion to accept the February 16th, 2023, minutes; <i>Claire Bell</i> seconded the motion. Motion passed. |
| IV. Recurring Monthly Business | | |



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**a. Open Discussion/Questions
on Vendor Reports (All)**

**b. Employee Health and
Wellness Highlights – Shonna
Poulin-Gutierrez**

Information contained in written report; highlights and discussion noted below:

Medical Highlights-

- Place of Service Spend (Anthem): Total place of service spend for Anthem is as follows:
 - Inpatient: 19% of spend
 - Outpatient: 43% of spend
 - Emergency: 8% of spend
 - Professional: 30% of spend
- Top 5 Chronic Conditions with Behavioral Comorbidity (Anthem): The top five chronic conditions with behavioral comorbidity for Anthem include:
 - Obesity: 36.3%
 - Low Back Pain: 28.0%
 - COPD: 27.3%
 - Asthma: 26.3%
 - HIV: 25%
- Performance Highlights (Aetna): Performance highlights for Aetna include:
 - 1.8% decrease in inpatient admits per 1,000
 - 4.0% increase in office visit per 1,000 members
 - 5.4% increase in % of ambulatory surgeries
- Silver Sneakers Engagement (Aetna): Silver Sneakers engagement for Aetna includes 9,569 eligible members, 19.5% of retirees enrolled and 6.5 average visits per participant.

Dental Highlights-

- Utilization Summary: The utilization summary shows a total claims payout of almost \$7M, a total number of claims of 49,634, and an average claim cost of \$139.69.

Pharmacy Highlights-



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- KPI Summary-State of Maine January 2022 vs. January 2023: In January 2023, pharmacy highlight shows a prescription count of 21,469 and a total cost of \$6.2M. Generic prescription use has increase slightly from the previous year and is currently at 84.1% where generic substitutions decreased from 97% in 2022 to 95.7% in 2023.

Wellness Highlights-

- Health Premium Credit Program: The 2023 Health Premium Credit Program is still currently live until April 30, 2023, at 11:59PM.
- Headspace Pilot: The headspace pilot was promoted to all State of Maine site contacts on 2/28/2023. As of 2/28/2023 there are 848 members enrolled.

Communication Highlights-

- Home Mailer: Home mailer highlights include the Employee Health and Wellness Winter Newsletter which spotlighted the Building Healthy Families program, Hinge Health, Emergency Room vs. Urgent Care, Express Care, etc. and Seasonal Effective Disorder.
- YouTube Channel: A new video has been created/added to our YouTube channel that highlights how Employee Health and Wellness resources can assist plan members in reaching their 2023 goals.
- Constant Contact: Constant Contact highlights for the month of February include American Heart month with an open rate of 46%, Love Yourself – 2023 Goals, with an open rate of 42% and the 2023 Health Premium Credit Program reminder with an open rate of 42%.

Contract Highlights-

- Vision Implementation: Vision implementation planning has begun for 7/1/2023.
- Vision Plan: An active enrollment will take place for the vision plan during annual enrollment. We will be changing from Anthem to Aetna.
- Dental Contract: The new contract for our dental services will remain with Delta Dental.



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| | | |
|---|--|--|
| <p>c. Committee Updates –</p> | <p>Information contained in written report; highlights and discussion noted below:</p> <p>Financial Committee – <i>Frank Wiltuck</i>:</p> <ul style="list-style-type: none"> • <u>Reserve Calculation</u>: Nothing in the reserve calculation has changed since January 2023. The required reserve balance is \$67M. • <u>Operating Statement</u>: The revenue over expenses is a negative number because of the premium holidays. We’ve made back another million. The expenses total \$137M, and the revenues \$79M. Revenues over expenses total \$57.6M. • <u>Balance Sheet</u>: For the past couple months we have had a deficit balance of approximately \$1M, which has since been cleaned up. Total liabilities are \$9.8M, total assets are \$162.7M. Estimated unsettled claims totals \$8.4M. <p>Plan Design Committee – <i>Jonathan French</i>:</p> <ul style="list-style-type: none"> • The Plan Design Committee is very close to having an agreement to present to the SECH committee. We are looking to push April 20th meeting to April 13th so we can get a recommendation out sooner. The committee agrees to move the date to the 13th of April. <p>Legislative Committee – <i>Joanne Rawlings-Sekunda</i>:</p> <ul style="list-style-type: none"> • Some of the bills the committee is following include L.D.111, L.D.112, L.D.121, and L.D.362. Potential mandates the committee is following include L.D.132, L.D.663, L.D.706, L.D.1035, and L.D.1041. | |
| V. QUARTERLY PLAN UPDATES | | |
| <p>a.</p> | <p>Highlights and discussion noted below:</p> <ul style="list-style-type: none"> • No items brought to the commission. | |
| VI. EDUCATION | | |
| <p>a. Local Infusion – Lynn Derocher</p> | <p>Highlights and discussion noted below:</p> <ul style="list-style-type: none"> • <u>Our Approach</u>: Local Infusion’s model focuses on adding value to key stakeholders to remove objections to site of care changes, and influencing changes in referring patterns, independent of member benefit design. | |



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- Specialty Drug Costs: Specialty drug costs are skyrocketing. The specialty market is projected to continue growing by 8% per year.
- The Industry Today: The existing options of patients are antiquated and substandard. The hospitals have a market share of 48%, physicians’ offices have a market share of 19% and ambulatory infusion centers have a market share of 7%.
- Our Centers: Local Infusion centers are carefully designed to make patients feel calm, serene and at home. With private suites, extended hours, and convenient locations; their centers exceed expectations.
- Site of Care Difference: Local Infusion is the most affordable option on the market boasting the best patient experience and consistent staff who track and monitor the patient’s health.
- Illustrative Savings Opportunities: Local Infusion cuts out middleman and buys straight from the distributor which reduces costs significant.
- Testimonials: Patients have said Local Infusion is exceptional, gives kind care, and the scheduling is quick.
- Locations: Locations include Concord, New Hampshire and Augusta, Maine with the next location opening in South Portland, Maine. There is currently talk of a location in Bangor as well – however, no date has been identified for this location yet.
- Education and Marketing: Education and marketing to State of Maine employees is key. Employees who are receiving specialty infusions and injections should be made aware that there are low cost and high-quality options that are outside of the health system.

VII. SEMI-ANNUAL UPDATES

**a. MCD Wellness Program –
Libby Arbour and Connor
Huggins**

Highlights and discussion noted below:

- 2022 Vaccination Clinics: The total number of clinics in 2022 are 79, There were 2,055 flu vaccines administered and 1,337 COVID-19 vaccines administered.
- Health Navigation Appointments: As of March 1, 2023, there have been 60 health navigation dates and 304 participants reached with the top five resources provided being the Health and Wellness Navigation Team, Registered Dietician, Health Coaching, Vendor Navigation, and Preventative Health.



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- Participant Feedback Survey: As of 3/1/2023, a total of 112 participants stated their Health Navigation appointment experience as excellent.
- WellStarME Mid-Year Totals: In 2023 there were 19,264 activated WellStarME registrations, with the number of primaries eligible for the Health Premium Credit as if 3/1/2023 reaching 3,694. Of the 2023 My Health Options – 304 employees participated in a health navigation appointment, 442, in my numbers, 1,906 received a flu shot, 2,237 participated in a dental visit and 747 had a well-being visit.
- Headspace Pilot: The Headspace pilot is back offering meditation made simple, teaching you life-changing mindfulness skills in just a few minutes. There are currently 850 members currently enrolled. There were 168 mindful messages and a 23% click rate.
- Wellness Updates: Wellness updates include enhanced WellStarME platform, Health and Wellness Navigation Team, Vaccination Clinics, Employee Resource Toolkits and more.

**b. Teladoc/Livongo
Presentation – Thomas
Young and Eileen Fallis**

Highlights and discussion noted below:

- Teledoc Overview: Teledoc is advancing a unique whole-person care model that is comprehensive and integrated, high quality, connected and personalized.
- Diabetes Management Program: One in ten have diabetes and 25% are undiagnosed. Increased risks of complications include stroke, blindness, kidney disease and amputation. The cost of diagnosed diabetes is \$327B.
- Engagement and Enrollment: More than 89% of members activated use a connected device.
- Goal Driven Behavior Plans: Members engage from day one with goals they want to focus on. Activity recommendation intelligently matches members wit activities related to goals and needs. Activity encouragement sends reminders and progress data that is easy to track.
- Enrollment and Activation Dashboard: There are currently 2,442 recruitable members with 577 enrolled and 525 members activated.
- Overall Engagement Dashboard: Average 90-day member engagement rates include 82% device monitoring, 73% self-guided activity, 38% digital coaching and 8% expert coaching.



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- Clinical Outcomes: For members enrolled at least 6M, the share of members with controlled diabetes (HbA1c < 7%) has increased from 39.9% at baseline to 53%.
- Clinical Outcomes – eHbA1C Reduction: Members enrolled at least 6M who started uncontrolled (HbA1c >= 7%) have achieved a 0.7% decrease in estimated HbA1c from their self-reported values at registration.
- Clinical Outcomes – Diabetes Empowerment and Distress Scales: Diabetes distress scale measures the unique, often hidden emotional burdens and worries with chronic disease management. High levels of diabetes distress have been significantly associated with poor glycemic control.

VIII. OTHER BUSINESS

a. Open Discussion

Information contained in written report; highlights and discussion noted below:

- Our next meeting will be moved to April 13th, 2023.
- Plan Design will be meeting in the next couple of weeks – keep an eye out for that invitation.
- Wondr Health will be happening again this year. Employee Health and Wellness is preparing communications currently. There will be an enrollment phase for this program which will occur soon.

IX. REQUEST MOTION TO ADJOURN

**b. X. Adjourn Meeting
(10:33pm)**

Lois Baxter made a motion to adjourn; *Angela Porter* seconded the motion. Motion passed.

2023 meeting schedule available at www.maine.gov/bhr/oeH