



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, April 13th, 2023 @ 8:30am

Microsoft Teams Meeting

Burton M. Cross Building

111 Sewall Street

Room 300, 3rd Floor

Augusta, ME 04330

Commission Members in Attendance: Olivia Alford, Diane Bailey, Lois Baxter, Claire Bell, Cecile Champagne-Thompson, Lynn Clark, Kevin Dionne, Laurie Doucette, Jonathan French, Kelly John, Rebekah Koroski, Lew Miller, Heather Perreault, Angela Porter, Shonna Poulin–Gutierrez, Heidi Pugliese, Joanne Rawlings–Sekunda, and Kim Vigue.

(Total = 18)

Commission Members Absent: Peter Marcellino, Frank Wiltuck

Vacant Seat(s): 4

Others Present: Nathan Morse, Roberta Dupont, Paige Lamarre, Emma-Lee St.Germain, Devon French – Employee Health and Wellness; Breena Bissell – Bureau of Human Resources/DAFS; Kevin Fenton – Aetna; Kristine Ossenfort, Becky Crague, Kim Parker, Jennifer Weber – Anthem Blue Cross and Blue Shield; Connor Huggins and Libby Arbour – MCD Global Health; Lisa Nolan, Peter Hayes and Liam LaFountain – Healthcare Purchasers Alliance; Judy Paslaski – MedImpact; Amy Deschaines, Ed Pierce, Ken Ralff, and Jacqueline Scherer – Lockton; Marie Bridges – Northeast Delta Dental; Laura Roberts – Sunlife; Alan Parks – Gallagher; Ed Dougherty and Jodi Wallace - Carrum

Agenda Item	Discussion	Action/Next Steps
I. Call Meeting to Order (8:33am)	Jonathan French called the meeting to order.	
II. Introductions		
III. Review and Approval of Minutes (March 16th, 2023)		<i>Heidi Pugliese</i> made a motion to accept the March 16th, 2023, minutes; <i>Claire Bell</i> seconded the motion. Motion passed.



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IV. Recurring Monthly Business

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

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

- No items brought to the commission.

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

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

Medical Highlights-

- Total Population Health (Anthem): The total population health shows on the State of Maine plan there are 1,638 at risk members (3.9% of spend), 10,162 members with chronic conditions (62.5% of spend), 830 members with critical conditions (12.0% of spend), and 2,300 members as non-utilizers.
- What's Impacting Members: The top conditions impacting members are chronic conditions (39.8%), and behavioral health (20.8%).
- Are Members Visiting Primary Care Providers and Getting Wellness Checks: 72.5% of active plan members have had a primary care physician visit and 53.4% have participated in adult wellness compliance.
- Top 5 Diagnosis Groups by Visit: The top 5 diagnosis groups by visits are as follows:
 - Depression: 755 Visits
 - Anxiety/Personality/Eating/Other: 469 Visits
 - Adjustment Reaction: 458 Visits
 - Neurologic Disorders: 399 Visits
 - Bipolar Disorders: 333 Visits
- Silver Sneakers Engagement (Aetna): The Silver Sneakers program currently has 19.9% of the 9,597 eligible members enrolled. On average, there are 6.8 visits per participant.

Dental Highlights-



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- Utilization Summary 4/1/2022 to 3/31/2023: The network utilization summary shows a total utilization of the plan at 49,900 claims with 5,050 claims listed as out-of-network, Delta Dental Premier claims totaling 26,613, and State of Maine PPO claims totaling 18,237.

Pharmacy Highlights-

- KPI Summary-State of Maine February 2023: In February 2023, pharmacy highlight shows a prescription count of 18,996 and a total cost of \$5.6M. Generic prescription is currently at 84.0% where generic substitutions are currently at 95.7%.

Wellness Highlights-

- Wondr Health Program: The Wondr Health Program has returned with Spring enrollment starting 3/27/2023 and ending on 4/9/2023. The program will start on 4/24/2023 and there were over 700 applications received during enrollment.
- Headspace Pilot: As of 3/30/2023 there are 857 members enrolled in the headspace pilot with the top media categories listed as meditation (538 engagements), sleep (659 engagements), and focus (236 engagements).
- 2023 Health Premium Credit Program: The estimated number of participants who have completed the "My Health" section of the 2023 Health Premium Credit Program totals 7,267 individuals. This represents 39.8% of eligible members. There are currently 290 available Health Navigation appointments in the schedule through the end of the 2023 Health Premium Credit Program on April 30, 2023.

Communication Highlights-

- Wondr Health Program: Communications to promote the Wondr Health Program included a statewide email, a home mailer to all the active and ancillary health plan members and a Constant Contact.



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- Upcoming Open Enrollment: Communications to promote the upcoming Open Enrollment include a letter mailed to all active and ancillary vision plan members to inform them of the upcoming vendor change and the active enrollment for vision. Another letter will e mailed in the upcoming weeks. Annual Open Enrollment will take place May 10th through May 24th.
- Constant Contact: Constant Contact highlights for the month of March include National Nutrition month with an open rate of 36%, Colorectal Cancer Awareness Month, with an open rate of 36% and the Wondr Health Program with an open rate of 47%.

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.
- Medicare: We are going out to market for Medicare.

c. Committee Updates –

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

Plan Design Committee – *Jonathan French and Amy Deschaines (Lockton)*:

- Medical and Pharmacy: Plan Design suggests increasing the working rates to 3.67%. There re no changes to the plan. The committee also explored pharmacy utilization management programs
- Rebate Checks: All rebates to date are caught up. Check received in March for \$11.6M.
- Dental: Plan Design suggests renewing the contract with Delta dental with a rate hold, and plan enhancement to annual plan maximums. The committee also explored increasing the calendar year maximums from \$1200/\$1000/\$900 to \$1500/\$1250/\$900.

Kevin Dionne made a motion to increase working rates by 3.67% with no plan changes to Medical and Pharmacy benefits; *Claire Bell* seconded the motion. Motion passed.

Kevin Dionne made a motion to Fund \$300,000 within the plan for the initial roll-out of the initiative for January 1,2024 to June 30,2024; *Claire Bell* seconded the motion. Motion passed.

Kevin Dionne made a motion renew with Delta Dental; working rate



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- Public Health Emergency – COVID-19: The end of public health emergency happens May 11, 2023. COVID-19 vaccines and boosters will continue to be covered. COVID-19 testing done in the office setting is subject to the applicable benefit level. State law would require that there is no cost-share for the testing.
- Pilot goals: Pilot goals enhance access to fitness/wellbeing resources and increase engagement in benefit through expanded offering (e.g., virtual fitness, holistic resources. Reduce administrative burden (e.g., reimbursement validation, customer service support, etc.).
- Pilot Design:
 - Population focus: This pilot would be capped at 500 employees. (DAFS/BHR, DPS, DOC, SOS, DOE and DOT)
 - Timing: There would be a 6-month pilot timeframe, July 1, 2023 – December 31, 2023.
 - Incentive Value: The incentive value is \$200 per employee. (No dependent eligibility at this time.)
 - Funding \$110K pilot cap, and this pilot would utilize a wellness third party administrator for administration.

hold; increase calendar year maximums; *Claire Bell* seconded the motion. Motion passed.

V. QUARTERLY PLAN UPDATES

**a. Health Purchaser Alliance –
*Lisa Nolan***

Highlights and discussion noted below:

- Membership: The Health Purchaser Alliance grew by more than 20% in 2022, and we have added three new members in 2023, including the Fortune 500 company Prudential.
- Programs: Health Purchaser Alliance is set to wrap up two extensive Requests for Proposal this quarter to offer members access to group purchasing contracts for a transparent, pass-through Pharmacy Benefit Manager and reference-based pricing vendor. Vendor evaluations have been underway since early 2022. Both contracts will offer preferred pricing and contract terms for Health Purchaser Alliance members.



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The Health Purchaser Alliance has published contracting toolkits for Third Party Administrator and Pharmacy Benefit Manager services. The toolkits leverage the expertise of national experts and seek to create more transparency, flexibility, and value. Both toolkits also seek to prevent commonplace games that cost purchasers more than they should be paying.

- Grants: The Health Purchaser Alliance has applied for two grants to further its mission of advancing high-value healthcare. One seeks to work with purchasers to develop an enhanced screening program for members most at risk of developing cancer and one seeks to leverage new transparency tools to support and encourage legislative policies and commercial interventions that advance healthcare value.

VI. EDUCATION

a. Legislative Updates – Lisa Nolan

Highlights and discussion noted below:

- Legislative Overview: Maine’s legislature is expected to introduce approximately 2,300 bills this year. As of April 6th, 1,575 bills have been printed, with approximately 700 still to be introduced. Up to about 150 of the bills introduced this year could impact commercial health plans in Maine or the State’s healthcare market.
- Health Purchaser Alliance Advocacy: The Health Purchaser Alliance advocates on a small subset of priority Legislative documents, focusing on bills that would increase medical/pharmacy costs or shift costs, reduce plan sponsor flexibility, improve price transparency, impact provider competition and lower healthcare costs.
- Coverage Mandates Increase Costs: Several bills this session would increase plan costs by mandating coverage of specific services. Because they would create mandates, these bills would potentially be subject to Bureau of Insurance mandate reviews.
- Improved Affordability for Some Increases Costs for All: Some legislative documents are intended to make care more affordable for a subset of plan



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members. For example - LD 706 lowers copays for specialty care and LD 759 caps out-of-pocket maximum for pharmacy.

- Reduced Flexibility Can Increase Costs: There are several pending bills are designed to streamline approval processes or limit plan management tools – these include:
 - Reduce clinical prior authorization (PA) burdens (LD 796)
 - Reduce prior authorizations for PT/OT/Chiropractic services (LD 1383)
 - Mandate drug rebates be applied to patient cost-sharing at the point of sale (LD 1165)
 - Establish utilization review standards
- Transparency Informs Patient Choice: There are several bills introduced this session that are designed to improve transparency – these include:
 - Penalties for hospitals out of compliance with federal transparency mandates (LD 953)
 - Disclosure of “cash” prices to consumers (LD 1105)
 - Disclosure of costs to patients prior to service (LD 1191)
 - Public reporting on hospitals’ 340b discount drug program (LD 1395)
 - Comparison shopping tools
 - Disclosure of facility fees
- Targeting Consolidation to Promote a More Competitive Market: Several bills aim to curb anticompetitive behavior and slow mergers/acquisitions in Maine’s highly consolidated healthcare market. These bills include:
 - Eliminate state review process (COPA) that shields hospitals from FTC review (LD 97)
 - Improve oversight of health entity acquisition (LD 1399)
 - Reform of Maine’s Certificate of Need (CON) process (LD 1541)
 - Repeal of Maine’s CON process (LD 1554)
 - Prohibit anticompetitive terms in contracts
- Lower Healthcare Costs: There are several of the bills designed to increase transparency and encourage competition that could also lower healthcare costs; other bills targeting healthcare costs in Maine include:
 - An Act to Lower the State's Health Care Costs (LD 308)



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- An Act to Protect Patients from Hidden Medical Facility Fees

- Catalyst for Payment Reform - Menu of State Policy Options: Catalyst for Payment Reform, a national non-profit organization dedicated to changing the way we pay for healthcare services, has identified a suite of policy options that states can pursue to lower healthcare costs.

VII. SEMI-ANNUAL UPDATES

**a. Carrum Health Program –
Jodi Wallace and Ed
Dougherty**

Highlights and discussion noted below:

Program Overview –

- What Does Carrum Do?: Carrum connects members to the top 10% of providers across the country, ensuring they get the highest quality and most appropriate care that is less expensive and easier for everyone.

Program Results –

- 2023 Fiscal Year to Date: From July 2022 to March 2023, Carrum coordinated 20 performed surgeries, and saw 8 surgeries avoided. They passed on a savings of \$927k and have a net promoter score of 83 which indicates that employees are happy with the benefit.
- State of Maine Pipeline Overview: From July 2022 to March 2023, 224 State of Maine plan members registered with Carrum, of those, 190 cases were created. There were 25 consultations and 20 surgeries with the majority of cases being joint replacement surgeries.
- Meaningful Activity: There has been a strong start to 2023 with 10 surgeries already completed and 10 additional transactions scheduled. There are also 19 additional qualified members.
- Exceptions: Episodes of care exceptions include Center of Excellence exclusions, grace periods, severe financial hardship, medically unsafe to travel and inability to secure a travel companion.
- Savings Overview: From July 2022 to March 2023, Carrum surgery and consult bundle costs \$503K and \$15K in travel costs without Carrum that cost reaches \$1.49M. There has been a plan gross savings of \$987K. This was achieved even with the 20 plan exceptions.

Olivia Alford Asks: Are these savings risk adjusted?

Jodi Wallace Responds: I am unsure. I will have to get back to you on that.



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	Member Journey – <ul style="list-style-type: none"> <u>Experience</u>: Carrum has guidance and support every step of the way from engagement to qualification, preparation, and recovery. Mobile engagement is at 90%. 	
VIII. OTHER BUSINESS		
a. Open Discussion	Information contained in written report; highlights and discussion noted below: <ul style="list-style-type: none"> Open enrollment will be from May 10th to the 24th. Legislative Awareness Committee – we need to get something scheduled to meet again. 	
IX. REQUEST MOTION TO ADJOURN		
b. X. Adjourn Meeting (11:15am)		<i>Kevin Dionne</i> made a motion to adjourn; <i>Angela Porter</i> seconded the motion. Motion passed.

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