



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, June 16th, 2022 @ 8:30am  
Microsoft Teams Meeting**

Commission Members in Attendance: Lois Baxter, Claire Bell, Cecile Champagne-Thompson, Lynn Clark, Jonathan French, Kelly John, Rebekah Koroski, Peter Marcellino, Robert Omiecinski, Heather Perreault, Angela Porter, Shonna Poulin–Gutierrez, Michelle Probert, Heidi Pugliese, Joanne Rawlings–Sekunda & Frank Wiltuck  
(Total = 20)

Commission Members Absent: Diane Bailey, Laurie Doucette, Lew Miller, Jeremy Roberts, Kim Vigue  
Vacant Seat(s): 3

Others Present: Nathan Morse, Roberta Leonard, Paige Lamarre, Emma–Lee St.Germain, Derek Malinowski, Joan Hanscom, Emily Charlton, Devon French – Employee Health & Wellness; Breena Bissell, Jackson Martin – Bureau of Human Resources/DAFS; Sabrina Simmons – Aetna; Lisa Lagios, Jonathan Edwards & Kristine Ossenfort & Kim A. Parker – Anthem Blue Cross and Blue Shield; Libby Arbour & Connor Huggins – MCD Public Health; Peter Hayes, Lisa Nolan, Trevor Putnoky – Healthcare Purchasers Alliance; Emily Kovalesky, Mark Souders – Maine Health; Jackie Little – Legislature; Matt Stone & Judy Paslaski – MedImpact; Marie Bridges – Northeast Delta Dental; Keith Fougere – Maine Bureau of Insurance; Cindy Walsh – Humana; Sara Fitzgerald - Health Purchaser Alliance

<b>Agenda Item</b>	<b>Discussion</b>	<b>Action/Next Steps</b>
<b>I. Call Meeting to Order (8:31am)</b>	Jonathan French called the meeting to order.	
<b>II. Introductions</b>		
<b>III. Review &amp; Approval of Minutes (May 18th, 2022)</b>		Lois Baxter made motion to accept the minutes; Peter Marcellino seconded the motion. Motion passed.
<b>IV. Recurring Monthly Business</b>		
<b>a. Open Discussion/Questions on Vendor Reports (All)</b>	Information contained in written reports; highlights and discussion noted below: <ul style="list-style-type: none"> <li>No questions or comments were brought to the commission.</li> </ul>	
<b>b. Highlights - Employee Health &amp; Wellness - Shonna Poulin-Gutierrez</b>	Information contained in written reports; highlights and discussion noted below:	



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

- Open Enrollments: Benefit Specialists received over 700 benefit enrollment forms. Specialists did a great job processing these forms. Susan Ryerson joins team as the newest specialist.
- Anthem Medical Highlights- June: There are 25,464 Members with Anthem (membership decreased by 3.2%). The current medical spend for March 2022 is up 14.5% from March 2021 (\$15.7M). The current medical spend is up 6.3% from prior period\* (\$171.2M current period). Outpatient utilization has increased by 22% and remains stable.
- Anthem Medical Highlights June: Emergency visits increased 16%. Emergency Department visits total 146 member per 1k. Of that, 76.5 were avoidable. The anthem Nurse Line had 153 calls reported from 4/21-5/22).
- State of Maine Aetna Medicare Advantage June Medical Highlights: Plan memberships are stable. We currently have 9,024 members. There has been an increase in Emergency Room visits by 31.3% (through February). Average paid per member is just over 6k. There were 520 visits per 1k members. The top specialty visits are in Cardiology.
- Committees: No committee meetings were held in the month of May. Committees have a strong interest in looking at data.
- Pharmacy Highlights: There's been over 5M in spend & the total cost per member per month was \$200.06. Members under the age of 65 represented a \$185.00 spend per member per month. We are still seeing good utilization for generic prescriptions.
- Wellness Highlights: There were 540 Members enrolled in Livongo Program as of May 31st, 2022 - 86% with device monitoring. Nathan Morse became Employee Health & Wellness Director of HR Wellness Program as of June 6, 2022.
- Communication Highlights: Employee Health & Wellness/Workers Comp offices will be integrating a quarterly Health & Wellness "Check-Up" Series that will be held via Microsoft Teams and will give the opportunity to engage with the State of Maine employee population. The Annual benefits enrollment has been completed & we've sent out two statewide emails. One was to active employees, delivered May 6th, the other on May 16th. Constant Contact has over



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

	<p>9k individuals that received Open Enrollment information via their platform. The Mental Health Awareness Constant Contact was sent to 8k recipients.</p> <ul style="list-style-type: none"> <li>• <u>Contract Highlights</u>: The medical request for proposal has been drafted and should be out in the next coming months.</li> </ul>	
<b>c. Financial Update – Frank Wiltuck</b>	<p>Information contained in written report; highlights and discussion noted below:</p> <ul style="list-style-type: none"> <li>• <u>Expenses Over Revenue</u>: Revenue accrual is done every month. As the revenue stream comes in the anticipation entry is reversed the actual revenue fills that hole. Because of a timing issue there was a double counting of those revenues. The 5<sup>th</sup> revenue was also recorded because work was completed earlier by accountants. 14M dollar swing. We are not currently +7M as corresponding expenditures are not represented on spreadsheet.</li> <li>• <u>Balance Sheet</u>: There was \$220M in/ Equity for State Fiscal Year 2022. Because we did the premium holidays, we have not made the surplus worse. We are making a 7M dent in the unappropriated surplus. We are still in a reduction pattern to continue to reduce the unappropriated surplus.</li> <li>• <u>Operating Statement</u>: The revenues over expenses are \$7.7M.</li> </ul>	
<b>V. QUARTERLY PLAN UPDATES</b>		
<b>a.</b>	<p>Highlights and discussion noted below:</p> <ul style="list-style-type: none"> <li>• No items brought to the commission.</li> </ul>	
<b>VI. EDUCATION</b>		
<b>a.</b>	<p>Highlights and discussion noted below:</p> <ul style="list-style-type: none"> <li>• No items brought to the commission.</li> </ul>	
<b>VII. SEMI-ANNUAL UPDATES</b>		
<b>a.</b>	<p>Highlights and discussion noted below:</p> <ul style="list-style-type: none"> <li>• No items brought to the commission.</li> </ul>	
<b>VIII. OTHER BUSINESS</b>		
<b>a. Live Health Online, Anthem – Lisa Langlois</b>	<p>Information contained in written report; highlights and discussion noted below:</p> <ul style="list-style-type: none"> <li>• <u>Live Health Online Update</u>: Live Health Online has been a part of the State of Maine plan for 4 years, but utilization is low. Video chat with</li> </ul>	



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

	<p>Behaviors Health professionals is available. Visits are free at any time of day. For members to schedule an appointment, it takes approximately 7 days or less to see a Psychologist that they can build a relationship with. If members see psychiatrists, they can prescribe medication except for controlled substances. Members can download Sydney App on phone or log in online. There is a \$0 copay for this service. Mental health substance abuse services have no copay as of July 1<sup>st</sup> (except for balance billing). Also - as of July 1st, Live Health Online are adding sleep therapy and dermatology services to their platform.</p>	
<p><b>b. Behavioral Health, Health Purchaser Alliance – Sara Fitzgerald</b></p>	<p>Information contained in written report; highlights and discussion noted below:</p> <ul style="list-style-type: none"> <li>• <u>Behavioral Health &amp; Substance Use Disorder Spend (for treatment of conditions):</u> Per member per month over the last year, the State’s combined Behavioral Health and Substance Use Disorder spend increased \$1M in aggregate or 18%.</li> <li>• <u>Behavioral Health &amp; Substance Use Disorder Spend by Service Category:</u> Behavioral Health &amp; Substance Use Disorder spend represented 4.3% of the State’s total medical allowed in 2021 vs. 4.4% for the HPA’s book of business. Professional services make up the majority of the spend for Behavioral Health &amp; Substance Use Disorders.</li> <li>• <u>Behavioral Health &amp; Substance Use Disorder Spend by Active vs. Retiree Status:</u> Per member per month spend for Behavioral Health services has remained comparable between the State’s active and retiree populations. In 2021 spend increased for both behavioral health and substance use disorders.</li> <li>• <u>Behavioral Health &amp; Substance Use Disorder Services by Network Status:</u> Over 97% of Behavioral Health services were rendered by in-network providers in 2021. Pine Tree Recovery Center rendered the highest volume out-of-network provider of outpatient substance use disorders services in 2021.</li> <li>• <u>Behavioral Health &amp; Substance Use Disorder Conditions:</u> Claims per 1k members – Top condition Anxiety, seeing 116.6 claimants in 2021 – a 6.7% change from the previous year. Second most prevalent condition was Depression for 2021.</li> </ul>	



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

- Behavioral Health & Substance Use Disorder July 2022 Benefits Design Changes: Office visits are covered at 100%, with no deductible both in and out of network. We may see an increase in usage due to the removal of this cost sharing barrier.
- Behavioral Health & Substance Use Disorder Services & Claimants Per 1k Members: Over the last year, State employee health coverage for Behavioral Health & Substance Use Disorder utilization increased 7.4% for services and 2.5% claimants per 1k members-more services were being used. In 2021 they utilized 6% fewer services per 1k members than the Health Purchaser Alliance book of business. As we receive more data, we will roll these time periods forward so we will be able to see the impact the plan change made.
- 30 Day Scripts Per Member of Drugs to Treat Behavioral Health & Substance Use Disorder Conditions: In 2021 the State’s members utilized 9% more Behavioral Health & Substance Use Disorder 30-day scripts compared to the Heath Purchaser Alliance book of business.
- Antidepressant Medication Adherence: A higher proportion of the State’s members who were newly prescribed an antidepressant medication were adherent at both the 12-week and 6-month intervals in 2021 compared to the prior year.
- Follow-Up After Emergency Room Visit for Behavioral Health or Substance Use Disorder Conditions: The percent of members receiving follow-up outpatient care after a Behavioral Health emergency department visit declined 11% (within 7 days) and 8% (within 30 days) in the last year. State of Maine is still in line with the Health Purchaser Alliance book of business.

**c. Medical Care Development (MCD) Wellness Program – Libby Arbour**

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

- 2022-2023 Wellness Initiatives: 2022-2023 wellness initiatives include - Mental Health, Nutritional Health, Allergy & Asthma, Awareness, Achieving & Maintaining a Healthy Weight, & Financial Wellness.
- WellstarME Resource Hub: There were 19 Health & Wellness Topics & 242 total Number of Resources in the WellstarME Resource Hub.
- Health & Wellness Resources: The total number of resources accessed in the WellstarME Resource Hub were 4,380.



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*

- Coming Soon: There are 50 New evidence-based resources coming for 2023 Health Premium Credit Program. Topics include Health & Prevention, Navigating Healthcare & Safety.
- Health Navigation Model: A confidential 15 minute "Health Navigation" appointment can be set up with a trained wellness professional. There have been 90 Health Navigation Dates scheduled in 2022. There were 626 participants reached & 2,436 resources distributed.
- Health & Wellness Navigation Team: Members can reach out to their Health & Wellness Navigation Team at any time regarding health and wellness topics at no cost.
- Health & Wellness Navigation Team Requests: 216 Health & Wellness Navigation Team Requests were made through the platform. The top member request was conformation of completion of Health Premium Credit program requirements.
- Health & Wellness Pilots: 812 Members participated in Headspace. 299 Members participated in Wellbeats. Both programs ended in March 2022.
- Self-Reported Health Risk Assessment Overview: Members reporting "Lots of Stress Effecting Day to Day Life" – up 2% from 2021. 5% of members report that their mental health has not been good 10 or more days a month. 77% of members report that they have been able to maintain their usual activities (work, selfcare, recreation) in 2022. This data determines how WellstarME implements wellness programs.
- Wellness Ambassador Network: Wellness Ambassador Network is currently meeting quarterly & focusing on all the great health and wellness opportunities available to State of Maine Health Plan members. The next meeting is scheduled for July 2022. They are looking to recruit new members.

**d. Open Discussion**

Highlights and discussion noted below:

- No items brought to the commission.

**IX. REQUEST MOTION TO ADJOURN**



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*

**a. X. Adjourn Meeting  
(10:18am)**

Heidi Pugliese made a motion to adjourn;  
Rebekah Koroski second seconded the  
motion. Motion passed.

2022 meeting schedule available at [www.maine.gov/bhr/oeh](http://www.maine.gov/bhr/oeh)