



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, September 15th, 2022 @ 8:30am
Microsoft Teams Meeting**

Commission Members in Attendance: Olivia Alford, Diane Baily, Lois Baxter, Claire Bell, Cecile Champagne-Thompson, Lynn Clark, Laurie Doucette, Jonathan French, Kelly John, Rebekah Koroski, Peter Marcellino, Lew Miller, Robert Omiecinski, Shonna Poulin–Gutierrez, Heidi Pugliese, Joanne Rawlings–Sekunda, Jeremy Roberts, Kim Vigue & Frank Wiltuck
(Total = 19)

Commission Members Absent: Heather Perreault, Angela Porter
Vacant Seat(s): 3

Others Present: Nathan Morse, Roberta DuPont, Paige Lamarre, Emma–Lee St.Germain, Emily Charlton, Devon French – Employee Health & Wellness; Breana Bissell – Bureau of Human Resources/DAFS; Sabrina DeGuzman-Simmons & Kevin Fenton – Aetna; Stephanie Pike & Kristine Ossenfort – Jonathan Edwards, Anthem Blue Cross and Blue Shield; Libby Arbour & Connor Huggins – MCD Public Health; Lisa Nolan, Liam LaFountain & Trevor Putnoky– Healthcare Purchasers Alliance; Lynn Hadley, Matt Stone & Judy Paslaski – MedImpact; Marie Bridges – Northeast Delta Dental; Cindy Walsh – Humana; Edward Pierce, Ken Ralff & Amy Deschene – Lockton; Laura Robert – Sunlife; Joe Miller, Novo Nordisk; Mary Anne Turowski, State of Maine – Office of Governor Janet T. Mills; Elaine L. Carrow.

Agenda Item	Discussion	Action/Next Steps
I. Call Meeting to Order (8:31 AM)	Jonathan French called the meeting to order.	
II. Introductions		
III. Review & Approval of Minutes (July 21st, 2022)		Peter Marcellino made a motion to accept the minutes; Lois Baxter seconded the motion. Motion passed.
IV. Recurring Monthly Business		
a. Highlights - Employee Health & Wellness - Shonna Poulin-Gutierrez	Information contained in written reports; highlights and discussion noted below: <ul style="list-style-type: none"> <u>Anthem Medical Highlights - September:</u> There were 25,527 members, however, membership decreased by 3% - this is on trend for us. The total population claims equated to \$12.7M as reported in August 2022. The medical spend is up 12% from the prior quarter 	



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reporting period. The top outpatient visits include medical, surgical, maternity, and mental health. Our outpatient costs have increased by 11%.

- State of Maine Aetna Medicare Advantage May Medical Highlights: There are currently 9,038 members enrolled in the Medicare Advantage plan. There has been an increase in office visits by 8.1%. An increase of 7.7% (\$6,802) in ambulatory paid per member was observed in the month of August. The top five health conditions reported by per member per month is 50% higher than the benchmark for the total targeted conditions.
- Pharmacy Highlights: The total pharmaceutical cost per member per month was \$179.53 for active members and \$410.93 for retirees. Quarter two saw an increase in prescription count from 61,800 in quarter one to 62,754 in the second quarter.
- Wellness Highlights: The 2023 Health Premium Credit Program lists five "My Health" options to fulfill the Health Premium Credit Program requirements. New in 2023 are "My Well Being" visits which are intended to support members accessing mental health, behavioral health, and mental health resiliency support in their plan. Also new on WellStarME is "My Message Center," launched by the Health and Wellness Navigation Team and on September 8th signage for Healthy Aging Month was sent to Wellness Ambassadors for distribution.
- Communication Highlights - September: A Statewide e-mail was distributed to all State of Maine employees on July 27th to announce the 2022 Premium Holiday. A letter was also mailed in July to all Non-Medicare retirees and direct billed legislator to announce the premium holiday. In addition to that, Employee Health and Wellness successfully launched their first quarterly live Health & Wellness Check Up Series. There were 176 employees who joined to learn about the 2022-2023 Health Plan changes and upcoming vaccination clinics as well as ask questions during the question & answer portion. Communications to promote this live event included a statewide email, Constant Contact, posted flyer, and social media promotions. The LivingResources promotion on Constant Contact had a 48% open rate, above book of business.



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	<ul style="list-style-type: none"> • <u>Contract Highlights</u>: The dental request for proposal review is underway. The medical request for proposal has been released and the Bidders Review is scheduled for 09/19/2022. The vision request for proposal review is complete. 	
<p>b. Financial Update – Frank Wiltuck</p>	<p>Information contained in written report; highlights and discussion noted below:</p> <ul style="list-style-type: none"> • <u>Required Reserves</u>: Utilizing the 3-year average, the number jumps to 70M – the 2½ reserve. • <u>Expenses Over Revenue</u>: The current expenses over revenues are approximately \$6M. • <u>Balance Sheet</u>: There was \$195.67M in equity for State fiscal year 2023. The unappropriated surplus was \$123M. The August premium holiday has successfully lowered the surplus. • <u>Operating Statement</u>: The revenues over expenses total (\$-14.8M) for fiscal year 2023. 	
<p>V. QUARTERLY PLAN UPDATES</p>		
<p>a. Plan Experience Summary – Active Medical & Dental – Lockton: Amy Deschaines</p>	<p>Highlights and discussion noted below:</p> <ul style="list-style-type: none"> • <u>State of Maine Health Insurance Admin Payments</u>: The Anthem Active and Retiree Employee Health Admin Fees totaled \$406,589 for July 2022. • <u>State of Maine Experience Detail</u>: The Self-Funded Medical total net claims through July 2022 were \$18M for the current policy year for 14,267 employees. In the prior policy year, the total net claims were, \$19M for 14,485 employees. The Total Plan Cost verses the premium was \$678,281, leaving a surplus of \$116,752. 	
<p>b. State of Maine Health Plan – Medical Update – Anthem: Stefanie Pike</p>	<p>Highlights and discussion noted below:</p> <ul style="list-style-type: none"> • <u>Financials & Demographics</u>: For the 12-month reporting period, August 21’ to July 22’, the membership decreased by 3.0%. Employee costs per member per month totaled \$649.69, for spouses the total was \$722.99, and for children it was 246.26. There are 2,366 total unique members who have not filed a claim from August 21’ to July 22’. • <u>July 2022 Medical Spend</u>: The monthly July medical spend is down 7% from June 2022 and population claims totaled \$12M. 	<p>Olivia Alford Asks: For the emergency department use, is there any regional trends in that or even hospital specific trends within the geographic areas in State of Maine?</p> <p>Stefanie Pike Responds: That is something that I can dig into. I do not have that data today, however, Maine General continues to be the top utilized Emergency Room.</p>



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- Settings of Care Insights: Acute admissions per 1000 increased 16% from the prior period, while cost per admission decreased by 29%. The primary cost drivers for inpatient are medical and surgical.
- Clinical Insights: For the top ten target program conditions, employees account for 68% of the total paid claims. The prevalence of obesity increased by 9%.
- Emergency Department: The emergency department saw a total of 5,197 visits of which 2,002 visits were avoidable. There was a total of 7% medical spend and the average cost per emergency department visit was \$2,217.
- High-Cost Claimants Detail: Of the high-cost claimants greater or equal to \$50k, a total of 612 members (2.4% of membership) drive 42.3% of all costs while claimants greater than or equal to the \$100k threshold saw 249 claimants accounting for \$45.7M of total medical. Neoplasms-malignant, circulatory system, musculoskeletal system and digestive system were the predominant conditions driving high-cost claims.
- Preventative Screenings: Screening compliance rates improved from the prior period for 75.0% of the Preventative Care Screenings.
- Paid Claims Distribution: There are 2,366 total unique members who have not filed a claim during August 21' to July 22'. 47.6% of members had less than \$1000 in medical plan paid benefits coverage in the current period.
- Engagement Summary: There were 321 members enrolled in health coaching of the 25,256 total members eligible. Of the 321 members enrolled, 252 engaged in the program.
- Top In-Network Facility Provider: The top inpatient provider facility was Maine Medical Center, and the top outpatient provider was MaineGeneral Medical Center.
- Top Emergency Room Provider by Paid Amount: The top emergency room provider seeing 1,076 emergency room visits with a total claims amount of \$2M, was MaineGeneral Medical Center.
- COVID-19 Results as of September 5, 2022: There were 16,016 unique claims for COVID-19, with 45,739 labs processed and 3,750 positive cases.



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	<ul style="list-style-type: none"> • <u>High Level – Administrative Fees and Claims</u>: Administrative fees for Medical totaled \$406,589.12 for July of 2022 with 9.5M in medical claims. 	
<p>c. State of Maine Health Plan – Pharmacy/Vaccination Updated – MedImpact: <i>Judy Paslaski, Matt Stone</i></p>	<p>Highlights and discussion noted below: <u>Financial Overview – Judy Paslaski</u></p> <ul style="list-style-type: none"> • <u>Performance Overview</u>: For the reporting period of April 22’ through June 22’, the per member per month trend saw a total cost of \$16.2M. The plan paid, per member per month \$198.06 with a total prescription count of 62,754. • <u>Major Trend Drivers</u>: The plan paid, per member per month trend was up 3.1% with the major diver being Drug Mix. The benchmark, per member per month trend was up 11.4%. • <u>Specialty Overview</u>: For the reporting period of April 22’ through June 22’, the change in specialty as a percent of the total plan paid decreased by -0.5%. • <u>Specialty Trend, Utilization and Cost</u>: The specialty plan paid per member per month trend increased by 2.1% with utilization increasing by 0.6%. The specialty plan paid 8.4M for the for the reporting period of April 22’ through June 22’. • <u>State of Maine Quarter 2, 2022 Key Performance Index Summary</u>: For the second quarter, the key performance index saw a prescription count of 62,754, an increase from plan quarter one at 61,800. The total cost for this was \$16.2M. • <u>Top Retail Chain</u>: The most utilized retail chain for the reporting period of April 22’ through June 22’, was Walgreens with a total prescription count of 18,721. <p><u>Clinical Overview – Matt Stone</u></p> <ul style="list-style-type: none"> • <u>Top Therapeutic Class</u>: For the reporting period of April 22’ through June 22’, the top therapeutic class, plan paid, per member per month was inflammatory disease with a utilizer count of 1,671. The top therapeutic class by prescription count was cardiovascular disease-hypertension with a utilizer count of 4,932. • <u>Inflammatory Disease – Top Therapeutic Class</u>: The top used anti-inflammatory tumor necrosis factor inhibitor used was the Humira(CF) Pen with 133 prescriptions written and 68 utilized. 	



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- Diabetes – Top Therapeutic Class: The top drug in a therapeutic class for diabetes was Trulicity with 403 prescriptions prescribed and 259 utilized.
- Neoplastic Disease – Top Therapeutic Class: The top drug in a therapeutic class for neoplastic disease was Sprycel with 9 prescriptions prescribed and 5 utilized.
- Asthma and COPD – Top Therapeutic Class: The top drug in a therapeutic class for neoplastic disease was Dupixent Syringe with 41 prescriptions prescribed and 17 utilized.
- Dermatology – Psoriasis/Eczema – Top Therapeutic Class: The top drug in a therapeutic class for neoplastic disease was Consentyx Pen with 14 prescriptions prescribed and 5 utilized.
- Behavioral Health – Other – Top Therapeutic Class: The top drug in a therapeutic class for neoplastic disease was Vyvanse with 639 prescriptions prescribed and 297 utilized.
- Neurological Disease – Miscellaneous – Top Therapeutic Class: The top drug in a therapeutic class for neoplastic disease was Aubagio with 18 prescriptions prescribed and 9 utilized.
- Top Drug Entity: The top drug entity for April 22' through June 22', was Stelara with a prescription count of 56 and the plan paying \$23,560.93 per prescription.

**d. Medicare Advantage Plan –
Aetna: Sabrina Guzman-
Simmons**

Highlights and discussion noted below:
State Utilization

- Your Member Demographics: State of Maine member demographics include 49% male members and 51% female members totaling 9,038 members with an average age of 75.
- Performance Highlights: Performance highlights include a 4.5% increase in in-patient admits per 1,000 members and an 8.7% increase in office visits per 1,000 members.
- How Our Programs are Performing Cost Wise: There was a 7.7% increase in ambulatory paid amount per member as of May 31, 2022.
- Primary Specialist Physician Office Visit Utilization – Plans A & B: For Primary Physicians in the prior year, the amount paid per visit was \$92. In the current year the amount paid per visit was \$99 – an increase of 7.0%. Specialists saw an increase of 7.2%. The primary



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diagnosis was Unspecified Morbidity and top specialty was in Dermatology.

- Telemedicine – Plans A&B: The paid amount for telemedicine in the prior year was \$1.1M with the current year being \$478,818, a decrease of -57.2%. The number of visits decreased by -54.5% with the top diagnosis per visit being Depression.
- Top 3 Diagnosis Categories: The top 3 diagnosis categories are as follows:
 - Cardiac: Total Paid – \$13.2M
 - Oncologic: Total Paid – \$11.6M
 - Musculoskeletal: Total Paid – \$9.8M
- How Are Our Members Utilizing Services: There has been an increase in acute admission by 4.5% as well as an increase in office visits by 8.7% and Emergency Room visits by 26.1%.
- Impact of High-Cost Claimants (\$75K+): There has been a decrease in claimants over the \$75K threshold by -16.4%.
- Top Medical Catastrophic Claim: The top catastrophic claim paid out was for Cardiac Disorders where inpatient paid \$242,124 and ambulatory paid \$1,630. The total medical paid was for \$243,754.
- Top Provider: The top provider was Maine Medical Center seeing 2,012 claimants and paying \$5.9M in claims.

Pharmacy Metrics

- State of Maine Part D Executive Summary: The numbers of enrolled members in 2022 increased by 5.5%. Scripts written out to claimants increase by 4% with a decrease in scripts being written out for opioids by -0.2%.
- State of Maine Part D Top Utilized Drug: Eliquis was the top non-specialty drug script written out with a 767-member utilization.
- State of Maine Part D Utilization/Distribution: From January to July of 2022, 88.2% of scripts were dispensed as generic drugs while 11.1% were dispensed as brand name drugs.

Clinical and Program Results

- Care Advocacy to Support Those Who Need It Most: Aetna’s book of business Case Management engaged with 59.5% of claimants. Book of business for Aetna’s Healthy Aging Support System saw a decline in cases to 28.2%.



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- State’s Value-Added Program Annual Review: Non-emergency transportation in quarter 2, 2022 saw 43 unique members with 108 trips total.
- Access to Fitness Benefits from Anywhere: The SilverSneakers program was available to 9,512 members and saw 19.4% of retirees enrolled and 6.8 visits per participant.

Inflation Reduction Act Update

- Inflation Reduction Act: The Inflation Reduction Act includes several major changes to the Medicare Prescriptions Drug Policy, legislation signed into law in August 2022. There was a delay of rebate rule, \$0 Part D Vaccine Coverage & inflation-based rebates amongst other changes.
- Inflation Reduction Act Implementation Timeline for Medicare: Part D inflation rebates start October 2022.

e. State of Maine Dental Plan – Northeast Delta Dental:
Marie Bridges

Highlights and discussion noted below:

- Utilization Summary: For the report period of 09/01/2021 to 08/31/2022 the total covered lives (including dependents) were 25,183. The total claims paid decreased by -1.50% totaling \$6.9M.
- Claims Comparison Report: The average claims paid per employee per month in August 2022 was \$23.85 totaling \$3.7M for 13,047 employees.
- Claims Utilization: For the report period of 09/01/2021 to 08/31/2022 the diagnostic and preventative procedures claims paid totaled \$3.7M covering 76,536 procedures for subscriber, spouse, and dependents.
- Experience with Member Counts: The group total and average subscriber counts show the total billed to Northeast Delta Dental by 8/2022 as being \$7.5M with a claim count of 49,897 and total number of subscribers being 13,047. The cost of total claims paid equaled \$6.9M.
- Network Utilization and Savings Report: Total utilization saw \$17.9M in claims submitted, paying out \$6.9M in approved claims.
- Oral Wellness and Utilization Summary: There were 8,171 oral health assessments completed on subscribers – of that 731 were not qualified for the program and 13,941 of the 22,112 subscribers had no assessment.



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- Oral Wellness Overview: Book of business shows 38% of members have low risk with their oral health and 11% are high risk.
- Member Oral Health Trends: Members were low risk for two consecutive years, but 65.98% of members received no care at all.
- No Care: 6,758 members did not receive any dental care while enrolled in the plan between 09/01/2021 to 08/31/2022.
- Health Through Oral Wellness (HOW) Clinical Risk Assessments: 2,586 members met the Health Through Oral Wellness qualifying conditions, 1,969 of them being between the ages of 36-64.
- Health Through Oral Wellness (HOW) Qualified Members Receiving Enhanced Benefits: There were 3,222 members who had a high risk of tooth decay, 139 who had a high risk for gum disease.
- Assessments, Risk, & Severity: While trends show that a risk for gum disease severity is decreasing, the risk for tooth decay is on the rise as is the number of oral health risk assessments being administered to members.

VI. EDUCATION

a.

- Highlights and discussion noted below:
- No items brought to the commission.

VII. SEMI-ANNUAL UPDATES

a. **Medical Care Development
Wellness Program:** *Libby
Arbour & Connor Huggins*

- Highlights and discussion noted below:
- Vaccination Clinic Totals: There were 63 flu vaccination clinics with 1,617 flu vaccines administered as well as 32 COVID-19 vaccination clinics with 919 COVID-19 vaccines administered from 2021 to 2022.
 - Health Navigation Totals: Of the 626 participants reached, 90 of them resulted in a Health Navigation appointment. The total number of resources distributed to members was 2,436.
 - Health Navigation Resource Totals: Of the Health Navigation tools available to members, the top three used were the Health & Wellness Navigation team, the registered dietician and vendor navigation.
 - My Health Options: My health options saw more members utilize dental visits and flu shots than any other option. There were 3,606 members who utilized the dentist appointment and only 626 members choosing the Health Navigation option.



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- My Numbers: Metrics for HDL Cholesterol, Total Cholesterol, Blood Pressure Systolic, Blood Pressure Diastolic, BMI, Fasting Blood Glucose and Hemoglobin A1C, are slowly creeping up and remain higher than the optimal range.
- Self-Reported Prediabetes Risk Quiz: 57% of participants scored low risk while 34% scored high risk and 9% were diagnosed with diabetes on the self-reported prediabetes risk quiz.
- Self-Reported Health Risk Assessment Overview: Of the 9,608 participants, a majority knew they had access to independent laboratories, however 25% were unaware. More than 60% of participants had, had a flu shot within the last year. Most participants had been vaccinated against COVID-19 and knew they had stress and mental health resources available through the LivingResources program. More than 50% report they experience a medium amount of stress but that they are managing it well and are not feeling depressed.
- Health and Wellness Pilots: The Headspace and Wellbeats pilots ended in March 2022. 812 members participated in Headspace and 299 participated in Wellbeats.
- Headspace Pilot: Post survey questions indicate that during the pilot program, participants practiced mindfulness techniques much more than in the pre-survey.
- Wellbeats Pilot: Post survey questions show that participants physical activity increased by the end of the program and that more participants were using physical activity to relieve stress.
- Current Wellness Programs: Some of the current wellness programs currently available are enhancements to the WellStarME Platform, a robust Resource Hub as well as a Health and Wellness Navigation Team.
- WellStarME Resource Hub: Members have access to a comprehensive health and wellness resource hub on the WellStarME Platform that includes 19 health and wellness topics and a total of 242 resources.
- Wellness Ambassador Network: The Wellness Ambassador Network meets quarterly, focusing on all the great wellness opportunities available to the state of Maine health plan members. Anyone



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	<p>interested in joining can reach out to the Health and Wellness Navigation Team.</p> <ul style="list-style-type: none"> • <u>2022 Accomplishments and Enhancements</u>: Some of the accomplishments and enhancements for 2022 include an updated WellStarME platform design for the 2022 Health Premium credit year as well as an enhanced wellness questionnaire. WellStarME offerings were revised to be more sustainable and timeless and there were customized wellness initiatives developed various State of Maine departments. 	
VIII. OTHER BUSINESS		
a. Health Premium Credit Extension for November	<p>Information contained in written report; highlights and discussion noted below:</p> <ul style="list-style-type: none"> • <u>Health Premium Credit Extension for November</u>: A meeting will be set for this specific topic as the committee is still waiting on data to make their final decision. 	<p>Jonathan French States: We don't quite have the financial data to make that determination. To decide we will need more data. A special meeting will be held specifically for this agenda item alone.</p> <p>Breana Bissell States: I am asking for some lead time and would like to do a vote the week of October 1st to implement November.</p>
b. Open Discussion		
IX. REQUEST MOTION TO ADJOURN		
c. X. Adjourn Meeting (11:57 AM)		Frank Wiltuck made a motion to adjourn; Diane Bailey seconded the motion. Motion passed.

2022 meeting schedule available at www.maine.gov/bhr/oeu