



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 17, 2022 @ 8:30am
Microsoft Teams Meeting**

Commission members in attendance: Diane Bailey, Lois Baxter, Claire Bell, Cecile Champagne-Thompson, Laurie Doucette, Jonathan French, Rebekah Koroski, Peter Marcellino, Lew Miller, Robert Omiecinski, Heather Perreault, Shonna Poulin-Gutierrez, Michelle Probert, Joanne Rawlings-Sekunda, Jeremy Roberts, James Russell, Kim Vigue & Frank Wiltuck.
(total = 18)

Commission members absent: Kelly John, Deidre Kinney, & Angela Porter
Vacant seat(s): 3

Others present: Erica Brown, Lillianne Ford, Paige Lamarre & Roberta Leonard – Employee Health & Wellness; Breena Bissell – Bureau of Human Resources/DAFS; Sabrina DeGuzman-Simmons & Kevin Fenton – Aetna; Lisa Lagios, Jonathan Edwards & Kristine Ossenfort - Anthem Blue Cross and Blue Shield; Amy Deschaines, Ken Ralff, Edward Pierce & Kelsey Russell – Lockton; Libby Arbour & Connor Huggins - MCD Public Health; Lisa Nolan & Trevor Putnokoy – Healthcare Purchasers Alliance; Emily Kovalesky – Maine Health; Jackie Little – Legislature; Laura Roberts – SunLife; Judy Paslaski & Matt Stone - MedImpact

Agenda Item	Discussion	Action/Next Steps
I. Call Meeting to Order (8:38am)	Jonathan French called the meeting to order.	
II. Introductions		
III. Review & Approval of Minutes (February 17, 2022)		Lois Baxter made motion to accept the minutes; Peter Marcellino 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:</u> The most recent Anthem report indicates that 666 high-cost claimants (a high-cost claim is defined as over \$50,000.00) account for \$81,224,595 in spend. <u>Medicare Medical Highlights:</u> Hypertension is number one among the top ten diseases by paid amount. The Aetna report will be finalized and sent out to commission members soon. 	The Aetna report will be corrected and sent out to commission members soon.



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	<ul style="list-style-type: none"> • <u>Committee Highlights:</u> Plan Design, and the Legislative committee held meetings in February and March. • <u>Pilot Programs:</u> The Wellbeats pilot has ended, and the Headspace pilot will be ending on 3/31/2022. Stay tuned for future pilots to come. • <u>WondrHealth:</u> Enrollment for WondrHealth (formally known as Naturally Slim) has come to a close and the program will begin on 3/21/2022. We will be looking to launch a second class in the Fall. • <u>Living Resources Program:</u> Monthly trainings are being discussed with various departments to help provide support around burnout, resiliency, mental health, financial wellbeing, de-escalation, and more. Health Coaching has now been launched for two months and customized promotion of this program is continuing to be established for departmental use. • <u>Communication Highlights:</u> A statewide email was sent out on 2/16/22 to announce the WondrHealth program enrollment. Two constant contacts were distributed in the month of February. One to promote American Heart Month and the other to remind employees of the 2022 Health Premium Credit Program (HPCP) deadline. • <u>Contracts:</u> The Office of Employee Health and Wellness continues to review contract timelines. The RFP on vision has been approved for release. The Dental RFP has experienced delays in release. 	
<p>b. Financial Update – Frank Wiltuck</p>	<p>Information contained in written report; highlights and discussion noted below: February 28, 2022 Update</p> <ul style="list-style-type: none"> • <u>Balance Sheet:</u> \$200M in/ Equity for State Fiscal Year 2022 • <u>Operating Statement:</u> Revenues over Expenses \$-12M 	
<p>c. Legislative Committee Update – Joanne Rawlings-Sekunda</p>	<p>Information contained in written report; highlights and discussion noted below:</p> <ul style="list-style-type: none"> • The Legislative Committee met on 3/4/2022. All bills are in front of the full chambers now. • <u>LD 1636:</u> An Act to Reduce Prescription Drug Costs by Using International Pricing. Now has been radically changed and will be a study that is performed by the Maine Health Aid Organization and the Pharmaceutical Affordability Board to take a closer look at the 	



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	<p>reference rates for the 100 most used drugs in the state. There is no longer a specific role for the State of Maine plan.</p> <ul style="list-style-type: none"> • <u>LD 1939</u>: An Act to Prohibit Discriminatory Practices Related to the 340B Drug Pricing Program. This is no longer an option as it was removed by the committee. • <u>LD 1822</u>: An Act to Improve Access to Behavioral Health Services by Prohibiting Cost Sharing by Insurers. This has been notified to make sure the insurance companies are following federal statutes to provide parity between physical and behavioral health. • <u>LD 1783</u>: An Act to Require Health Insurance Carriers and Pharmacy Benefits Managers to Appropriately Account for Cost-sharing Amounts Paid on Behalf of Insureds. This was passed as amended. • <u>LD 1910</u>: An Act to Improve Children’s Mental Health by Requiring Insurance Coverage for Certain Mental Health Treatment. That was passed but modified to focus on insurance companies need to pay for evidence-based practices for children up to age 21, which the State of Maine plan already provides. • <u>LD1608</u>: An Act to Expand the MaineCare Program to Cover All Citizens of the State. This was a divided report; the likelihood of it passing the chambers is not good. <p>Series of Mandates</p> <ul style="list-style-type: none"> • <u>LD 665</u>: An Act to Promote Better Dental Care for Cancer Survivors. • <u>LD 1003</u>: An Act to Improve Outcomes for Persons with Limb Loss. • <u>LD 1539</u>: An Act to Provide Access to Fertility Care. • <u>LD 1954</u>: An Act to Ensure Access to Prescription Contraception. • These mandates have passed through the committee and are now with the appropriations table. The bottom line, according to the Attorney General’s Office, is that any mandate that is passed by the legislature that affects commercial carriers also affects the State of Maine plan. 	
<p>Plan Design Committee – Lockton – Amy Deschaines</p>	<p>Information contained in written report; highlights and discussion noted below: 2022 Renewal Recommendations</p> <ul style="list-style-type: none"> • <u>EHW Administrative Fee</u>: Increase the administrative fee from \$7.50 to \$8.00 for active plan as of 7/1/2022; increase fee on MAPD plan as of 1/1/2024; continue to evaluate each year. This recommendation 	<p>Joanne Rawlings-Sekunda made a motion to simultaneously approve the Maintenance Chiropractic Therapy, Mental Health/Substance Abuse Office Visit, and Digital MSK via Hinge Health</p>



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	<p>has been tabled for further discussion at the next Plan Design Committee meeting.</p> <ul style="list-style-type: none"> • <u>Maintenance Chiropractic Therapy</u>: Cover chiropractic benefits for both medically necessary and maintenance; no difference in current copay (\$20 for PCP/\$40 for specialist); continue limit to 25 visits per member per calendar year. • <u>Mental Health/Substance Abuse Office Visits</u>: Cover mental health/substance abuse office visits at 100% for both in and out-of-network; out-of-network visits would be subject to balanced billing. • <u>Digital MSK via Hinge Health</u>: MSK surgery accounts for \$11.5M in spend and 42% of SOM members are MSK high risk. Implement the Hinge Health Program would provide opportunities for members to expand their access and help treat their MSK conditions. • <u>Dental Benefits</u>: Recommendation to add coverage for night guards. Adding coverage for adult orthodontia. Adding Delta’s double-up max feature to the plan. 	<p>recommendations; Robert Omiecinski seconded the motion; Motion passed.</p> <p>Joanne Rawlings-Sekunda made a motion to approve the Dental plan recommendations, Dianne Bailey seconded the motion; Motion passed.</p> <p>Carrum Health Benefits, 3.2% Premium Increase, SOM Surplus, and the EHW Administrative Fee Increase will be discussed at the next Plan Design Committee meeting scheduled for 3/29/2022.</p>
V. QUARTERLY PLAN UPDATES		
<p>a. State of Maine Dental Plan – North East Delta Dental - Marie Bridges</p>	<p>Information contained in written report; highlights and discussion noted below:</p> <ul style="list-style-type: none"> • <u>Utilization Study (3/1/2021 – 2/28/2022)</u>: <ul style="list-style-type: none"> ○ Total Covered Lives as of 2/28/2022: 25,044 ○ Total Claims Paid: \$6.8M ○ Average Enrollment: 13,132 ○ Total Number of Claims: 43,935 • <u>Claims Comparison Report (3/1/2021 – 2/28/2022)</u>: <ul style="list-style-type: none"> ○ 3/1/2019 – 2/28/2020: \$7.5M ○ 3/1/2020 – 2/28/2021: \$5.8M ○ 3/1/2021 – 2/28/2022: \$6.8M • <u>Network Utilization & Savings Report</u>: Total Claims Paid for State of Maine PPO is \$2.9M • <u>Oral Wellness and Utilization Summary</u>: 22,436 members enrolled continuously; 13,028 (58%) have participated in Oral Evaluations; 6,966 (31%) received no care from 3/1/2021 – 2/28/2022. COVID-19 has played a massive role in these numbers as many patients were hesitant to visit dental offices. Dental offices are still struggling to find 	



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staffing, appropriate hours for operation, and trying to keep up with new rules and regulations.

- HOW Clinical Risk Assessments:
 - Number of non-qualified risk assessments: 735
 - Number of qualified risk assessments: 7,159
 - Number that did not have a risk assessment: 14,542
 - Total covered members: 22,436

VII. EDUCATION

No education update due this month.

VI. SEMI ANNUAL UPDATE

**b. MCD Wellness Program -
WellStarME – Libby Arbour**

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

- Vaccination Clinics:
 - Flu vaccination clinics: 63
 - Vaccines administered: 1,617
 - COVID-19 vaccination clinics: 31
 - Vaccines administered: 737
- Health Navigation Model:
 - Health navigation dates: 54
 - Participants Reached: 268
 - Participant feedback survey: 90 responses (average rating of 10=Excellent)
- WellStarME Mid-year Totals:
 - Primaries eligible for 2022 HPCP: 3,149
 - Resources accessed: 2,225
 - Participants reaching out to Health and Wellness Navigation Team: 80
- Headspace Pilot: Headspace pilot ends on 3/31/2022. There were 812 members enrolled. Key areas of use were sleep and meditation with content including meditation basics, letting go of stress, managing anxiety, mindful eating, and self-compassion.
- Wellbeats Pilot: Wellbeats pilot ended on 3/9/2022. There were 299 members enrolled. Key areas of use were exercise and nutrition with content including exercise, nourish, strength training, office breaks, and recovery.



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	<ul style="list-style-type: none"> • <u>Wellness Ambassador Network</u>: Quarterly meeting that focuses on all health and wellness opportunities available to the State of Maine Health Plan members. 	
VIII. OTHER BUSINESS		
a. Remote Public Proceedings - Heather Perreault	<p>Discussion noted below:</p> <ul style="list-style-type: none"> • <u>The Remote Public Meetings Policy</u>: This policy provides consistency among other committees and enables Boards to conduct remote meetings. The final drafted policy was presented to the Commission members to approve. 	Frank Wiltuck made a motion to approve the policy; Peter Marcellino seconded the motion; Motion passed.
b. Open Discussion	<ul style="list-style-type: none"> • No update 	
IX. REQUEST MOTION TO ADJOURN		
X. Adjourn Meeting (11:33am)		Frank Wiltuck made a motion to adjourn; Peter Marcellino seconded the motion; Motion passed.

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