

STATE EMPLOYEE HEALTH COMMISSION

AGENDA

Date: October 16, 2025

Time: 8:30 am – Noon

Location Remote: Microsoft Teams Meeting

Dial-In Number: 1-207-209-4724

Phone Conference ID: 223 562 789#

Meeting Link: [Join the meeting now](#)

Physical location:

Maine Department of Labor

Francis Perkins Conference Room

45 Commerce Drive, Augusta, ME 04330

- I. Call to Order** (Co-Chair)
- II. Introductions** (All)
- III. Review and Approval of Minutes** (September 17, 2025)
- IV. Recurring Monthly Business**
 - a) Employee Health & Wellness Highlights (Shonna Poulin-Gutierrez)
 - b) Committee Updates (Co-Chair)
- V. Quarterly Plan Updates**
 - a) Healthcare Purchaser Alliance – (Trevor Putnoky)
 - b) Medicare Advantage Plan-Aetna (Sabrina DeGuzman Simmons)
- 10 Minute Break**
 - c) State of Maine Health Plan -Medical Update- Anthem (Anne Rowles)
- VI. Semi-Annual Update**
 - a) State of Maine Dental Plan – Northeast Delta Dental (Marie Bridges)
 - b) Carrum Health Program (Shamim Gillani)
- VII. Other Business**
 - a) Member Feedback (Co-Chair)
 - b) Executive Session
 - c) Open Discussion
- VIII. Motion to Adjourn** (Co-Chair)

Next Meeting: November 20, 2025



Future Quarterly Updates

Healthcare Purchaser Alliance (January, April, July & October)

Aetna (February, May, August & October)

Anthem (February, May, August & October)

Future Quarterly Updates

Capital Rx (March, June, September & November)

Lockton (March, June, September & November)

Future Semi-Annual Updates

Anthem/Lockton Compliance Review (January & July)

Carrum Health Program (April & October)

Living Resources Program (March & September)

Livongo Health (January & July)

MCD Wellness Program (March & September)

Northeast Delta Dental (May, November)*Moved to October