

STATE EMPLOYEE HEALTH COMMISSION

AGENDA

Date: May 21, 2026

Time: 8:30am – 12:00pm

Location Remote: Microsoft Teams Meeting

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

Phone Conference ID: 586 445 341#

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 (April 16, 2026)

IV. Recurring Monthly Business

- a) Employee Health & Wellness Highlights (Shonna Poulin-Gutierrez)

V. Quarterly Plan Updates

- a) Medicare Advantage Plan-Aetna (Sabrina DeGuzman Simmons)

10 Minute Break

- b) State of Maine Health Plan -Medical Update- Anthem (Nicole Schmidt)

VI. Semi-Annual Update

- a) State of Maine Dental Plan – Northeast Delta Dental (Marie Bridges)

VII. Other Business

- a.) Aetna & NationsHearing (Sabrina DeGuzman Simmons, Laura Walker)
- b.) Open Discussion

VIII. Motion to Adjourn (Co-Chair)

Next Meeting: June 18, 2026



Future Quarterly Updates

Aetna (February, May, August & October)

Anthem (February, May, August & October)

Capital Rx (March, June, September & November)

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

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)

MCD Wellness Program (March & September)

Northeast Delta Dental (May, November)