



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, November 18th, 2021 @ 8:30am
Microsoft Teams Meeting**

Commission members in attendance: Diane Bailey, Lois Baxter, Cecile Champagne-Thompson, Jonathan French, Kelly John, Deidre Kinney, Mara McGowen, Lew Miller, Robert Omiecinski, Heather Perreault, Michelle Probert, Shonna Poulin-Gutierrez, Joanne Rawlings-Sekunda, James Russell, Kim Vigue & Frank Wiltuck. (total = 16)

Commission members absent: Peter Baker, Laurie Doucette, Thomas Lamontanaro, Peter Marcellino, Angela Porter & Jeremy Roberts.

Vacant seat(s): 2

Others present: Erica Brown, Paige Lamarre, Lilianne Ford & Roberta Leonard – Employee Health & Wellness; Breena Bissell – Bureau of Human Resources/DAFS; Sabrina DeGuzman-Simmons & Kevin Fenton – Aetna; Stephanie Pike, Vincent Conti, Andrew Ellis, Jean Wood, Lisa Lagios, Jonathan Edwards & Kristine Ossenfort - Anthem Blue Cross and Blue Shield; Amy Deschaines, Ken Ralff, Mark Holloway & Edward Peirce – Lockton; Cindy Walsh – Humana; Libby Arbour & Connor Huggins - MCD Public Health; Lisa Nolen & Trevor Putnoky – Healthcare Purchasers Alliance; Emily Kovalesky – Maine Health; Jackie Little – Legislature; Laura Roberts – SunLife; Judy Paslaski, Lynn Hadley & Laurie Roscoe - MedImpact; Mark Saunders – Maine General; Tricia Mahoney – ComPsych; Marie Bridges – Northeast Delta Dental.

Agenda Item	Discussion	Action/Next Steps
I. Call Meeting to Order (: am)	Jonathan French called the meeting to order.	
II. Introductions		
III. Review & Approval of Minutes (October 21st, 2021)		Lois Baxter made motion to accept the minutes; Rob Omiecinski seconded the motion. Motion passed.
IV. Recurring Monthly Business		
a. Open Discussion/Questions on Vendor Reports - All	Discussion noted below:	
b. 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 COVID-19 Vaccinations:</u> The State of Maine Health Plan (Anthem) has processed 11,640 Covid-19 vaccination claims as of November 9, 2021. Of the vaccinations administered through the health plan, 5,952 members are fully vaccinated as of November 9, 2021. 	



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- Anthem Medical Highlights: The most recent Anthem report indicates 3% of membership drove 46% of all costs on the State of Maine health plan. The most recent Anthem report indicates that 669 high-cost claimants (a high-cost claim is defined as over \$50,000.00) account for \$79,771,313.00 in spend.
- Aetna COVID-19 Vaccinations: Covid-19 Vaccinations as of 10/29/21: First vaccination 58.2% and fully vaccinated: 47%
- Medicare Medical Highlights: Hypertension is number one among the top ten diseases by paid amount. The average claim amount is \$10,741.00 compared to last month at \$10,551.00.
- Committee Highlights: The Wellness Committee met on November 12th, 2021.
- WellStarME: WellStarME continues to support our office through the coordination of COVID-19 Vaccination Clinics. WellStarME is working with Osco pharmacies to coordinate on-site COVID-19 vaccine and booster clinics, at State of Maine offices, and at various Shaw's locations.
- Living Resources Program: The Office of Employee Health and Wellness is now offering health coaching through our Living Resources Program.
- Statewide Emails: Statewide email was distributed by EH&W on October 18th to all active employees to announce the 2022 Health Premium Credit Program (HPCP). A statewide email was distributed by EH&W on November 5th to all active employees to announce the 2022 Flexible Spending Account (FSA) Open Enrollment.
- Home Mailers: A postcard was mailed in October to all active State of Maine employees to announce the 2022 HPCP. A flyer is being mailed out to all active State of Maine Employees to announce the 2022 FSA Open Enrollment.
- Constant Contact: 3 Benefit Bulletins were distributed to email subscribers in October. These bulletins promoted Breast Cancer Awareness Month, the 2022 HPCP launch and Dental Hygiene month.
- Contracts: The Office of Employee Health and Wellness is reviewing contracts and accessing RFP timelines.

c. Financial Update – Frank Wiltuck

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



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	<ul style="list-style-type: none"> • <u>Balance Sheet</u>: \$188M in Equity for State Fiscal Year 2022 through 10/31/2021 • <u>Operating Statement</u>: Revenues over expenses \$-23M 	
	V. QUARTERLY PLAN UPDATES	
a. Plan Experience Summary - Amy Deschaines	<p>Information contained in written report; highlights and discussion noted below:</p> <ul style="list-style-type: none"> • <u>Total Vendor Cost Report</u>: \$3M • <u>Experience Detail</u>: Moving For the month of September the State received Pharmacy rebates which drives down the loss ratio. 	
b. State of Maine Health Plan Medical Update - Lisa Lagios	<p>Information contained in written report; highlights and discussion noted below:</p> <ul style="list-style-type: none"> • <u>Anthem Provider News Update</u>: There have been several issues that impacted providers due to claims. Experienced delays in processing. Anthem has hired new staff to decrease their wait times. • <u>Financials & Demographics</u>: Females 52% and Males 48%. Average member age 39 and average employee age 50. Employee PMPM: \$672.40; Spouse: \$704.73; Child: \$230.16. • <u>Settings of Care Insights</u>: Acute admissions increased 6% from prior period. Primary cost drivers for inpatient are surgical and medical. • <u>Clinical Insights</u>: Prevalence of obesity increased 3% from last month. Prevalence of Coronary Artery Disease (CAD) increased 2%. • <u>Emergency Department</u>: 4,680 total ED visits. 6% of total medical spend. 178.4 visits per 1,000 members. \$2,161 average cost per ED. • <u>High Cost Claimants Detail</u>: 8 less high cost claimants from prior period. 250 claimants accounted for \$50.4M in spend. • <u>Preventive Screenings</u>: Screening compliance rates improved from the prior period for 63% of the Preventive Care Screenings. • <u>COVID-19 Results as of November 9th, 2021</u>: 11,640 unique claimants. 25,070 labs processed. 1,175 COVID-19 positive results. 69 Inpatient admissions. \$6.3M total COVID-19 cost. 	<p>Heather Perrault asks Lisa Lagios if she will send the written statement regarding Anthem's provider issues with the commission? Lisa Lagios states she will do that.</p>
c. State of Maine Health Plan Pharmacy - Judy Paslaski	<p>Information contained in written report; highlights and discussion noted below:</p> <ul style="list-style-type: none"> • <u>Performance Overview</u>: Total plan paid: \$13M. Plan paid PMPM: \$167.96. Rx Count: 62,279 • <u>Specialty Overview</u>: Specialty Plan Paid %: 47.9%. Specialty PMPM: \$80.52. 	



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	<ul style="list-style-type: none"> • <u>Top Therapeutic Classes by Plan Paid PMPM:</u> Inflammatory Disease, Diabetes, Neoplastic Disease, Asthma and COPD, Behavior health, Dermatology, Other Respiratory Disorders 	
<p>d. Medicare Advantage Plan Aetna – Sabrina DeGuzman-Simmons</p>	<p>Information contained in written report; highlights and discussion noted below:</p> <ul style="list-style-type: none"> • <u>COVID-19 Vaccine Dashboard 10/29/21:</u> 58.2% members with at least one dose. 47.2% members fully vaccinated. • <u>2021 States Value-Added Programs:</u> 6,762 meals delivered. 99 number of non-emergency transportation trips. • <u>Silver Sneakers:</u> 18.6% retirees enrolled. 14.8% of retirees visited gyms. 7.9% of average visits per month. • <u>State of Maine Healthy Results:</u> 37% of Health Home Visits completed. 18.6% Health Risk Assessments completed. • <u>Demographics:</u> 49% Male and 51% Female. 8,987 members with an average age of 75. • <u>Performance Highlights:</u> 13.4% decrease in inpatient admits per 1,000. 5.5% increase in office visit per 1,000 members. 3.4% increase in % of ambulatory surgeries. • <u>Financial Report:</u> 12.9% increase in ambulatory paid. • <u>Aetna Campaign:</u> Began November 1st and includes email, mail and social media. 	
<p>e. State of Maine Dental Plan – Northeast Delta Dental - Marie Bridges</p>	<p>Information contained in written report; highlights and discussion noted below:</p> <ul style="list-style-type: none"> • Utilization Summary: \$3M claims paid in diagnostic and preventive services. \$2M claims paid in basic restorative services. • Network Utilization: Delta Dental Premier: 50.3%. State of Maine PPO: 42.6%. Out of Network: 7.1%. • Oral Wellness: 123,170 oral evaluations, 13,605 cleanings. 7,738 members completed the HOW clinical risk assessment. • Member Oral Health Risk: 35% low, 21% moderate, 11% high and 32% no care. • Favorable Member Oral Health Trends: 4,622 Members were low risk for two years in a row (55.77% of low risk members). 978 Members that had no care last year and are now low risk (11.80% of low risk members). 594 Members that had no care last year and are now moderate risk (12.62% of moderate risk members). 	



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- Unfavorable Member Oral Health Trends: 4,578 Members had no care for two years in a row (63.28% of No-Care members). 917 No-Care members are new enrollees (12.68% of No-Care members). 636 No-Care members were high risk last year (8.79% of No-Care members).

VI. SEMI ANNUAL UPDATE

**a. State Compliance Review
(Anthem) – Kristine
Ossenfort**

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

- 130th Legislature: First Regular Session adjourned sine die on March 30, 2021 to start 90-day clock running on the biennial budget. First Special Session convened April 28 and adjourned sine die on July 19, 2021. Second Special Session on September 29, 2021, to vote on redistricting plan. Second Regular Session will convene on January 5, 2022; statutory adjournment date is April 20, 2022.
- Mandated Benefits: L.D. 254, "An Act To Allow Certified Registered Nurse Anesthetists To Bill for Their Services" (P.L. 2021, c. 39). L.D. 600, "An Act To Require Insurance Coverage for Certified Midwife Services Certified Midwives" (P.L. 2021, c. 79). L.D. 1115, "An Act To Improve Access to HIV Prevention Medications" (P.L. 2021, c. 265).
- State of Maine Plan: L.D. 1036, "An Act To Allow a State Employee To Use a Federal Military Health Insurance Program and Reenroll upon Retirement in the State's Group Health Plan" (P.L. 2021, c. 341). L.D. 1311, "An Act Regarding the State Employee Health Commission" (P.L. 2021, c. 312).
- Legislature Carried Over to Next Session: Health Care Spending, Single Payer, and Prescription drugs.
- New Legislation for Next Session: L.R. 2273, "An Act To Allow Pharmacists To Dispense an Emergency Supply of Chronic Maintenance Drugs" (Rep. Roeder (D), Bangor). L.R. 2323, "An Act To Ensure Health Insurance Coverage for Certain Adults with Disabilities" (Rep. R Millett (D), Cape Elizabeth). L.R. 2363, "An Act To Require Health Insurance Carriers and Pharmacy Benefits Managers To Appropriately Account for Cost-sharing Amounts Paid on Behalf of Insureds" (Sen. Sanborn (D), Cumberland). L.R. 2298, "An Act To Ensure Access to Prescription Contraceptives" (Sen. Pres. Jackson (D), Aroostook).



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**b. Federal Compliance Review
(Lockton) – Mark Holloway**

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

- What’s going on in Congress?: Build Back Better Act, Telehealth and HAS-compatible HDHP, Dependent care assistance benefits, ACA reporting only if contracted by marketplace, and prescription drug costs.
- Hospital Price Transparency: Requires hospitals to display files on their websites containing gross charges, payer-specific negotiated charges, discounted cash prices, and de-identified minimum and maximum negotiated charges.
- Health plan price transparency: Machine-readable files – no enforcement until July 1, 2022. Self-service price comparison tools – still starting January 1, 2023 with 500 shoppable services list. ID cards – no extension but good faith, reasonable interpretation. Good faith estimates from providers to plans – will issue more guidance before enforcement. Advance EOB – will issue more guidance before enforcement.
- What options do employers have at this time for health plan transparency?: Hire a transparency vendor, wait to see if their carrier/TPA/PBM can support these requirements.
- What is Lockton doing?: The carriers/TPAs/PBMs said they will have more clarity by the end of year, so Lockton will continue to track and inform. Lockton will advocate for our clients with carriers/TPAs/PBMs to encourage them to support clients with these transparency requirements.
- Mental Health Parity: Plans must be prepared to provide a comparative analysis of non-quantitative treatment limits (NQTLs) to the Department of Labor (DOL) upon request.
- Why does it matter?: The DOL has already started opening investigations and requesting the analysis. Careful with coverage for ABA treatment of autism.
- Surprise Billing: No Surprises Act, effective for first plan year on or after 1/1/22. Feds “indicate reasonable, good faith standard”. New reporting applies to air ambulance claims for CY 2022 and 2023.

VII. EDUCATION



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<p>a. Living Resources Health Coaching – Tricia Mahoney</p>	<p>Discussion noted below:</p> <ul style="list-style-type: none"> • <u>Holistic, One-on-One Coaching Support</u>: Delivered by in-house staff of coaches who are behavior change specialists. Available via telephonic or video sessions. Coaches utilize a flexible 5-session coaching model. • <u>Coaching Programs</u>: Coaching programs encourage lasting lifestyle change. Participants work with the same coach, which establishes trust and maintains program continuity. • <u>Personal Health Coaching Process</u>: Call 1: Assessment. Calls 2-4: Behavioral change/education. Call 5: Progress Complete. • <u>The ComPsych Experience: Our Guiding Principles</u>: A passion and dedication for clients and work that is second to none. A “Build-to-Suit” approach of innovative, cutting-edge programs uniquely designed for each client. A service orientation to always over-deliver on customer expectations. Impeccable integrity—demonstrated by conduct in and out of the office. Demonstrated superior quality and value that forges long-term service relationships with our clients. 	
<p><i>VIII. OTHER BUSINESS</i></p>		
<p>a. Remote Public Proceedings Policy – Heather Perreault</p>	<p>Discussion noted below:</p> <ul style="list-style-type: none"> • Jonathan French states that the commission co-chairs are reviewing and developing a policy for commission meetings to be offered remote moving forward. 	
<p>b. Open Discussion</p>	<ul style="list-style-type: none"> • Diane Bailey asks when will the 2022 Medicare changes be announced? Sabrina DeGuzman-Simmons responds that those materials will be distributed in the beginning of December. • Robert Omiecinski states that the wellness committee has brought forth massage therapy coverage to be reviewed for supporting evidence and consideration for the plan design committee. 	
<p><i>FUTURE UPDATES – SEMI-ANNUAL</i></p>		
<p>a. Living Resources Program – ComPsych – Tricia Mahoney (Provided in January & July)</p>	<p>Formal report not due this month.</p>	
<p>b. WellStarME Medical Care Development – Libby Arbour (Provided in March and August)</p>	<p>Formal report not due this month.</p>	



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c. Carrum Health Program – Kyle Thompson (April & October)	Formal report not due this month.	
d. Anthem/Lockton Compliance Review (May & November)	Formal report not due this month.	
<i>IX. REQUEST MOTION TO ADJOURN</i>		
X. Adjourn Meeting (12:05 pm)		Frank Wiltuck motions to adjourn; Lois Baxter seconds the motion. Meeting adjourned

2021 meeting schedule available at www.maine.gov/bhr/oe