



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, August 19th, 2021 @ 8:30am
Microsoft Teams Meeting**

Commission members in attendance: Diane Bailey, Lois Baxter, Cecile Champagne-Thompson, Laurie Doucette, Jonathan French, Kelly John, Deidre Kinney, Thomas Lamontanaro, Peter Marcellino, Mara McGowen, Lew Miller, Heather Perreault, Angela Porter, Shonna Poulin-Gutierrez, Joanne Rawlings-Sekunda, James Russell, Kim Vigue.
(total = 17)

Commission members absent: Peter Baker, Robert Omiecinski, Michelle Probert, Jeremy Roberts & Frank Wiltuck.
Vacant seat(s): 2

Others present: Erica Brown, Paige Lamarre, & Roberta Leonard – Employee Health & Benefits; Breena Bissell – Bureau of Human Resources/DAFS; Sabrina DeGuzman-Simmons, Jill Vizcayno, & Kevin Fenton – Aetna; Stephanie Pike, Lisa Lagios, & Kristine Ossenfort - Anthem Blue Cross and Blue Shield; Amy Deschaines, Ed Pierce, Ken Ralff & Oscar Tsao – Lockton; Cindy Walsh – Humana; Libby Arbour - MCD Public Health; Peter Hayes, Lisa Nolen & Trevor Putnok – Healthcare Purchasers Alliance; Mark Saunders – Maine General; Emily Kovalsky – Maine Health; Jackie Little – Legislature; Judy Paslaski & Laurie Roscoe – MedImpact; Deb Grindle & Heidi Pugliese - Maine Maritime Academy; Laura Roberts – SunLife.

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 (June 17th, 2021)		Diane Bailey 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>Covid-19 Vaccine:</u> The State of Maine Health Plan (Anthem) has processed 10,600 Covid-19 vaccination claims as of August 10, 2021. Of the vaccinations administered though the health plan, 5,520 members are fully vaccinated as of August 10, 2021. • <u>Live Health Online (Anthem):</u> 2,704 registrations. Utilization: 19 medical visits, 29 behavioral health visits. 	



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- State of Maine Aetna Medicare: Hypertension is number one among the top ten diseases by paid amount with 5,706 claims. Average claim amount is \$9,910.00. The top ten medical catastrophic claims equal \$16,497,894.00 as reported 4/30/21.
- Pharmacy Highlights: Total PMPM \$175.98, PMPM (under 65) \$157.83, PMPM (over 65) \$379.58, July transition preformed as expected.
- Committees: The SEHC co-chairs have reviewed committee membership and have identified committees in need of a chair. A Wellness Committee is scheduled on August 13, 2021.
- WellStarME: WellStarME continues to support our office with ongoing COVID-19 Vaccination Clinics by managing the online scheduling tool and pushing out communications to the Wellness Ambassador Network. WellStarME is currently making enhancements to their online platform which will be released with the launch of the 2022 Health Premium Credit Program. Updates regarding the 2022 Health Premium Credit Program will be announced soon. The deadline to submit a 2021 Health Premium Credit Appeal was August 9th.
- Pilots: Headspace: There are currently 729 members enrolled in the Headspace pilot. There are 271 spots available for the Headspace pilot. Wellbeats: There are currently 202 members enrolled in the Wellbeats pilot. There are 421 spots available for the Wellbeats pilot.
- Livongo: Recruitable: 2099, Enrolled: 535 (25% of Recruitable), Activated: 509 (95% of Enrolled).
- Living Resources Program: The Living Resources Program continues to offer trainings to departments until the end of September. Training requests will be put on hold as of October, while LRP is out for RFP.
- Statewide Emails: Statewide emails were distributed by EH&W on June 11th & July 2nd to remind all active employees to announce COVID-19 Vaccination Clinics being held on June 23rd & July 15th. Statewide email was distributed by Shonna Poulin-Gutierrez (EH&W) on June 18th & July 28th to announce COVID-19 Vaccination Clinics being held on June 23rd & August 5th.
- New Office Logos: EHW & WC recently had new logos created that are designed to reflect the close connection between Health & Wellness and Workers' Compensation. Our office is currently working



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	<p>on getting all internal and external documents updated and conducting a communications pan.</p> <ul style="list-style-type: none"> • <u>Constant Contact</u>: 6 Benefit Bulletins were distributed to email subscribers in the months of June & July. These bulletins promoted ongoing COVID-19 vaccination clinics, new health & wellness resources, and the new Pharmacy Benefit Manager. • <u>Contracts</u>: Proposals for the employee assistance programing RFP are due 8/17/21. The Livongo diabetes management program will be a contracted service as it is not available through the current pharmacy vender. Livongo was previously available through Express Scripts. 	
<p>b. Financial Update – Heather Perreault</p>	<p>Information contained in written report; highlights and discussion noted below:</p> <ul style="list-style-type: none"> • <u>Balance Sheet</u>: State FY2021 through 6/30/21 Equity is \$212.6M. State FY2022 through 7/31/21 Equity is \$219.4M. • <u>Operating Statement</u>: State FY2021 through 6/30/21 Revenues over Expenses is \$48M. State FY2022 through 7/31/21 Revenues over Expenses is \$7M. • Diane Bailey asks when do the numbers usually get audited? Heather Perreault states that the audit just began, and the findings should be issued in late November. 	
<p>V. QUARTERLY PLAN UPDATES</p>		
<p>a. Plan Experience Summary – Lockton – Amy Deschaines</p>	<p>Information contained in written report; highlights and discussion noted below:</p> <ul style="list-style-type: none"> • <u>Total Vendor Cost Report</u>: \$11M • <u>Medical Detail Cost Report</u>: Current plan year ran under budget by about 5% 	
<p>b. State of Maine Health Plan – Medical Update – Anthem – Lisa Lagios</p>	<p>Information contained in written report; highlights and discussion noted below:</p> <ul style="list-style-type: none"> • <u>Financials and Demographics (July 2020 – June 2021)</u>: The membership decreased 0.7%, Average contract size was 1.8, Females 52% / Males 48%, Average Member age 40 / Employee age 50. Employee consumes 68.4% of total plan costs. Employee PMPM: \$653.98; Spouse: \$687.08; Child: \$220.66. There are 2,586 total unique members who have not filed a claim during the time-period represented on this report. 	



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	<ul style="list-style-type: none"> • <u>Setting of Care Insights:</u> Inpatient cost per admission increased 16%, while utilization has decreased. Outpatient cost per visit decreased 4% from prior period, utilization has increased 17%. Primary outpatient cost drivers for outpatient setting of care are surgery and emergency department. Emergency department utilization continues to decrease period over period • <u>Clinical Insights:</u> Obesity Prevalence: 26.8, Diabetes Prevalence: 63.0, Risk Score: 1.85, & CAD Prevalence: 16.6. • <u>Emergency Department:</u> 4,620 total ED visits, 6% of total medical spend, 174.7 visits per 1,000 members, \$2,121 average cost per ED, & \$30.88 ED PMPM. • <u>High Cost Claimants:</u> 659 claimants accounted for \$77,836,015 (46% of total medical). A total of 659 members (3% of membership) drove 46% of all costs. • <u>Preventative Screenings:</u> Screening compliance rates improved from the prior period for 63% of the Preventive Care Screenings. • <u>Paid Claims Distribution:</u> 48.3% of members had less than \$1,000 in medical plan paid benefit coverage in the current period. 32.3% of members had between \$1,000 and \$4,999 in medical plan paid benefit coverage in the current period. 14.0% of members had between \$5,000 and \$24,999 in medical plan paid benefit coverage in the current period. • <u>Engagement Summary:</u> Total Members 26,444, Total Risk 1.9, Total Dollars \$169,020,108, and Total PMPM \$532.64. 	
<p>c. State of Maine Health Plan – Pharmacy Update – MedImpact – Judy Paslaski</p>	<p>Information contained in written report; highlights and discussion noted below:</p> <ul style="list-style-type: none"> • <u>Member Experience:</u> Call center pharmacy help desk available 24/7 for 365 days a year. Flexible platform that allows members to access pharmacy needs. Mobile app available. • <u>KPI Summary - Rx count:</u> All: 19,50, Actives: 16,473, Retirees: 3,028. • <u>KPI Summary – Plan Paid:</u> All: \$4M, Actives: \$3M, Retirees: \$779K. • <u>KPI Summary – Member Cost Share:</u> All: 5.2%, Actives: 5.3%, Retirees: 4.9% 	
<p>d. Medicare Advantage Plan – Aetna – Sabrina DeGuzman-Simmons</p>	<p>Information contained in written report; highlights and discussion noted below:</p>	



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	<ul style="list-style-type: none"> • <u>COVID-19 Vaccine Dashboard</u>: Total number of members: 9,452. Members with at least one dose: 4,138 (43.9). Members fully vaccinated: 3,864 (40.9%). • <u>Meals Post Inpatient Stay</u>: Jan-May 2021 unique members: 237. Jan-May 2021 total orders: 258. Jan-May 2021 meals delivered: 3,612. • <u>2021 Case Management Reporting Q2 2021</u>: Eligible: 9,405. Targeted: 1085. % Identified: 11.5%. % Nursed Reached: 72%. % Nursed Engaged: 60.5%. % Engaged of Reached: 84.1%. • <u>Your Health Record</u>: New communication material that is member customized and sent via mail. • <u>CHF Management Program</u>: Provides near real-time information that enables clinicians to intervene before exacerbations occur. • <u>Demographics</u>: 8,968 total members. Average Age 74.9 which is below BoB at 75.2. 49% male & 51% female. • <u>Medical Spend</u>: Total medical spend is which is -0.9% lower than last year. Medical spend per member decreased by -2.1% from last year. • <u>Pharmacy Spend</u>: Pharmacy spend increased by 5.8% per member. 88.5% generic utilization. 3.3% mail order utilization. Brand name and specialty drugs are key drivers 4 out of top 10 are specialty. • <u>High-Cost Claimants</u>: 3.7% increase in HCC members over prior year. Average cost per high cost claimant was \$117,842; a 0.4% increase from last year. Cardiac and digestive disorder, and oncology illness are the driver. 10 claims over 192K and 1 over 400K. • <u>Utilization</u>: 3.6% decrease of PCP & 0.7% increase specialist visits over same time last year. 392K% increase in telehealth visit over same time year. 20.2% decrease in inpatient admits per 1,000. • <u>Top 10 Medical Catastrophic Claims</u>: Cardiac, Digestive, Oncologic, Rheumatologic. • <u>Top 10 Diseases by Paid Amount</u>: Hypertension, Hyperlipidemia, Nonspecific Gastritis/Dyspepsia, Ischemic Heart. Diabetes Mellitus, Atrial Fibrillation, Heart Failure, Chronic Thyroid Disorders, Depression & Low Back Pain. 	
<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"> • Presenter was unable to attend. 	
<p>VI SEMI ANNUAL UPDATE</p>		



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**a. MCD Wellness Program –
Libby Arbour**

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

- Flu Shots Administered in 2020: 1,835
- Health Navigation Totals: Health Navigation Dates: 87. Participants Reached: 1,498.
- Health Navigation Resource Totals: Health and Wellness Navigator- 1,496, Vendor Navigation- 1,088, Registered Dietitian- 623, Physical Activity- 346, Living Resources Program- 283, Preventative Health- 208, Ergonomics- 179, Gym Reimbursement- 136, LiveHealth Online- 135, Blood Pressure- 111, Improve Cholesterol- 99 & WellStarME Blood Pressure Loaner- 75.
- My Health Options: Health Navigation: 1,498. My Numbers: 2,802. Flu Shot: 4,846.
- % with 2 or More Risk Factors: All: 64%. Primary: 50%. Spouse/Domestic Partner: 14%.
- Self-Reported Prediabetes Risk Quiz: High Risk: 32%. Low Risk: 59%. Diagnosed with Diabetes: 9%.
- Headspace Pilot: In March 2021, we launched a 1-year extended Headspace pilot. 721 actively involved participants. Key areas of use: sleep and meditation. To increase engagement and enhance resources provided to participants, we implemented bi-weekly mindful messages and a Monday morning mindfulness practice. Average # reading mindfulness message: 229
- Wellbeats Pilot: The Wellbeats pilot launched in March 2021. 201 members are currently enrolled in the pilot. Wellbeats is an on-demand fitness and wellbeing platform with 800+ exercise, nutrition, and mindfulness classes available anytime, anywhere, from any device.
- Customized Wellness Initiatives: Customized presentations for departments, Bi-monthly wellness topics, Employee wellness surveys, Evidence-based research: Best practices for wellness programming, Various wellness topics & Services and vendors.
- Health & Wellness Resource Toolkits: These comprehensive health and wellness toolkits include information and evidence-based resources on: Mental Health Resiliency, Exercise and Movement,



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	<p>Healthy Eating, Financial Wellness, Work-Life Balance, Safety, Get Outdoors!, COVID-19, Employee Benefits & Health and Prevention.</p> <ul style="list-style-type: none"> • <u>Current Pilots & Programs:</u> Blood Pressure, National Diabetes Prevention Program, Desk Exercises and Back Safety Videos, Headspace Pilot, Wellbeats Pilot, Informative Webinars, Monthly Signage, Employee Resource Toolkits & Health Navigation Model. • <u>2021 Accomplishments & Enhancements:</u> Reviewed all participant feedback. Increased awareness of the WellStarME platform. Increased access to resources on WellStarME platform. Enhanced the "Wellness Questionnaire". Adapted to meet employee needs during the ongoing pandemic. Developed 3 comprehensive Health & Wellness Resource Toolkits. Revised WellStarME offerings to be more sustainable and timeless. Increased the visibility of the Health and Wellness Navigator. Successfully implemented the new Health Navigation model. 	
VII. OTHER BUSINESS		
<p>a. Open Discussion</p>	<p>Discussion noted below:</p> <ul style="list-style-type: none"> • Angela Porter asks if we are aware of the details regarding the Premium Holiday? Shonna Poulin-Gutierrez states that the logistics have been made and the dates of the Premium Holiday were communicated to Ancillary Groups. • Cecile-Champaign Thomson asks when the FAQ will be distributed to Ancillary Groups? Shonna Poulin-Gutierrez states that those communications have been drafted but not yet approved and are pending distribution. 	
FUTURE UPDATES - SEMI-ANNUAL		
<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>c. Carrum Health Program – Kyle Thompson (April & October)</p>	<p>Formal report not due this month.</p>	



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d. Anthem/Lockton Compliance Review (May & November)	Formal report not due this month.	
	<i>VII. REQUEST MOTION TO ADJOURN</i>	
X. Adjourn Meeting (10:54 am am)		Laurie Doucette motions to adjourn; Angela Porter seconds the motion. Meeting adjourned.

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