

MINUTES
Eastern Connecticut Health and Medical Cooperative
Board Meeting – January 28, 2021
2:30 PM-Zoom Meeting

Members Present: Mike Belden, Julie Pendleton, Peter Nero, Kate Ericson, Holly McCalla, Deborah Martin, Jan Perruccio, Ian Neviaser

Others present: Joanne Lund, Thomas Kowalchik, Lynn Iannuzzi-DiBene, and Christine Pemberton, HR Director LEARN, Cerina Savino (Anthem), Allen Lightcap (Anthem)

Meeting called to order at 2:31 PM

Standing Agenda Items: Discussion and Possible Action

1. **Agenda** – revised agenda to discuss Wellness Update 2nd
2. **Update from Vendors, discussion and possible action: Wellness**
 - a. Lynn reported that our plan with Anthem is a high level package with rewards used for qualified medical expenses. Lynn introduced Cervina, Registered Dietician from Anthem to review the plan features. The plan offers an incentive programs for wellbeing solutions offering the ability to earn up to \$800 in prepaid credit cards. The program is based on actions taken by members, ie: tobacco-free, participation and completion of program, flu shots, future mom program, wellness exams and the my health rewards activities. Cervina reviewed the Sydney Care App which users can assess symptoms and even connect with a board-certified doctor through a virtual text session or video visit from the comfort of home. She also reviewed the app's essential features guide: device integration, tracking steps, movement conversion to steps, social features (friends, stats, photos, and discussion board), creating teams, themed activity challenges, admin tools, reporting and support. Cervina gave an overview of the Anthem Health Guide which is a concierge service that helps to fill gaps with care: Live Health Online. Emotional well-being and peace of mind (myStrength). Review of Time Well Spent web site: <http://timewellspent.anthem.com/downloadables>. There was a brief review of the site.
Allen Lightcap will request report of employees meeting requirements for wellness. Tom and Lynn will look into the wellness funds balance and report back at the next meeting.
3. **Approve minutes of December 17, 2020:**
Motion made by H. McCalla, seconded by K. Ericson to approve the minutes as written
Approved: 7-0-0
4. **Financial Status Report**
 - a. Joanne focused on dashboard. There continues to be movement improving the income over expenditures with net position as of December 2020 at \$7.527k. Increased \$355k due to excess revenue over claims for the month along with stable claims.
 - b. Cigna claims were at \$74k in December representing 7% of total claims for the month.

- c. Claims remain relatively stable at \$1037k
- d. Year over Year claims decreased over \$1.8m/25%
- e. Joanne reported two large claims from Anthem as of December 31, 2020 with 8 additional approaching.

5. Marketing – new members

- a. Joanne, Julie and Holly met with Ellen, IDCS. The plan they currently have is more in line with the members of the group.
- b. Received an inquiry from the Isaac School as well as a couple other districts that have shown interest in the past. Those districts will be contacted to review the probability of becoming members.
- c. Ian suggested a review of the by-laws to possibly adjust the dates necessary to apply and be reviewed to become members.

Old Business - None

New Business – None

1. Allocation Rates

- a. Will be set at next meeting

2. Budget Estimate

- a. Budget discussed previously as part of the Financial Report

3. Review By-laws: membership

- a. Kate suggests that there should be a buy into the group based on membership adjusting the vote accordingly: less than 50 members = one vote.
- b. After much discussion, Ian, Julie and Kate will review the by-laws to formalize a proposal of change to present to the Board at the next meeting.

Meeting adjourned at 3:40 PM

Next Meeting –February 25, 2021 at 2:30 PM. Zoom information will be provided in a calendar invite.

Respectfully Submitted,
Deborah A. Martin

