



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, January 19th, 2023 @ 8:30am

Microsoft Teams Meeting

Deering Building

90 Blossom Ln.

Conference Room #101

Augusta, ME 04330

Commission Members in Attendance: Olivia Alford, Diane Bailey, Claire Bell, Cecile Champagne-Thompson, Lynn Clark, Jonathan French, Kelly John, Rebekah Koroski, Lew Miller, Robert Omiecinski, Heather Perreault, Angela Porter, Shonna Poulin–Gutierrez, Joanne Rawlings–Sekunda, Jeremy Roberts, Kim Vigue & Frank Wiltuck
(Total = 17)

Commission Members Absent: Lois Baxter, Laurie Doucette, Peter Marcellino, Heidi Pugliese

Vacant Seat(s): 3

Others Present: Nathan Morse, Roberta Dupont, Paige Lamarre, Emma–Lee St.Germain, Joan Hanscom, Devon French– Employee Health & Wellness; Breena Bissell – Bureau of Human Resources/DAFS; Sabrina DeGuzman-Simmons & Kevin Fenton – Aetna; Jennifer Weber, Becky Craigie, Stephanie Washburn, Jon Edwards, Kristine Ossenfort – Anthem Blue Cross and Blue Shield; Libby Arbour – MCD Global Health; Lisa Nolan, Peter Hayes – Healthcare Purchasers Alliance; Lynn Hadley, Matt Stone & Judy Paslaski – MedImpact; Mark Halloway, Ken Ralff & Ed Pierce – Lockton; Laura Robert – Sunlife; Jennifer Harris – LivingResources; Mark Souders – MaineGeneral Health; Alan Parks – Gallagher Benefit Insurance Services

Agenda Item	Discussion	Action/Next Steps
I. Call Meeting to Order (8:33am)	Heather Perreault called the meeting to order.	
II. Introductions		
III. Review & Approval of Minutes (November 17th, 2022)		<i>Frank Wiltuck</i> made motion to accept the November 17 th , 2022, minutes; <i>Claire Bell</i> seconded the motion. Motion passed.
IV. Recurring Monthly Business		
a. Open Discussion/Questions on Vendor Reports (All)	Information contained in written reports; highlights and discussion noted below: <ul style="list-style-type: none"> No items brought to the commission. 	



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**b. Employee Health and
Wellness Highlights – Shonna
Poulin-Gutierrez**

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

- State Employee Health Commission: The State Employee Health Commission is established to serve as trustee of the group health plan in this subchapter and to provide counsel to the Executive Director of Employee Health and Wellness and the Director of the Bureau of Human Resources on health and dental insurance issues, the state living resources program and other issues concerning employee health and wellness.
- Vendor Meetings: In 2023 there were 234 hours of vendor meetings completed.
- Contracts: There were 22 Employee Health and 11 Workers’ Compensations contracts in 2022.
- Claims: From December of 21’ to November of 22’ there were 23,261 members that filed Anthem Claims. From January 22’ to December 22’ there were 257,409 Prescription (Rx) Claims and 49,825 Dental Claims.
- Number of Invoices Processed: There were over 2800 invoices processed in 2022.
- 2022 Mass Communications: Employee Health and Wellness produced and sent 20 home mailers, 14 statewide emails, and 23 Constant Contacts.
- Employee Health and Wellness Check Up Series: The first live event was held on July 27th, 2022, and had 176 attendees and the second live event was held on October 12th, 2022, and had 186 attendees.
- Age Outs: There were 350 “age outs,” in 2022.
- New Staff: There were 9 staff added to the roster for 2022 and only one remaining vacant position.



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- Premium Holiday: There were approximately 500 records manually imputed for the 2022 Health Premium Holidays.
- Carrum Health Pilot Program: In 2022, 12 members had surgery for the mandated procedure types (6 knee, 6 hip). There were 16 total surgeries completed with an additional 4 consultations. Employee Health and Wellness is averaging about 15-20 member calls per month regarding this pilot.
- Hinge Health: In 2022, 250 State of Maine Health Plan members utilized the Hinge Health program. We continue to receive positive feedback from our members.
- LivingResources Program Trainings: In 2022, there were 31 LivingResources Trainings completed.
- 2023 Health Premium Credit Program Lunch: As of December 30th, 2022, there were 3,920 wellness questionnaires completed for the 2023 Health Premium Credit Program, approximately 500 more than the previous year.
- Vaccination Clinics: In 2022, there were 71 on-site and 8 in-store vaccination clinics for both the flu and COVID-19 vaccines.

c. Committee Updates

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

Financial Update – *Frank Wiltuck*

November:

- Operating Statement: The revenues over expenditures show the results of the premium holidays totals \$63.7M.
- Balance Sheet: The balance sheets show \$7.4M in liabilities and \$146.7M in equity and total assets of \$154.2M.

December:

- Operating Statement: The operating statement showed expenses of \$99.4M and revenues at \$37.3M. Expenses over revenues totaled -\$62M.



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- Balance Sheet: Total assets came to \$155.9M, while liabilities came to \$7.3M and an equity of \$148.5M.

Plan Design – *Heather Perreault*

- Has had one meeting. We have taken a preliminary look at the numbers and options; however, it is too early to talk about the details. There is another meeting in the beginning of February 2023.

Legislative Committee – *Joanne Rawlings-Sekunda*

- This committee has not met yet this year. There are approximately 200 bills that effect the State of Maine plan under review.

V. QUARTERLY PLAN UPDATES

**a. Health Purchaser Alliance –
Peter Hayes**

Highlights and discussion noted below:

- 2023 Health Purchaser Alliance Strategic Goals: Strategic goals for 2023 include payment reform, quality initiatives, education and advocacy, fiduciary risk mitigation, pharmacy trends and purchaser collaborations for market leverage.
- Things CEO’s Need to Know in 2023: More people are on public pay managed care. Hospital systems are really stressed and vulnerable. Four pharmacy benefits managers’ own 80% of the prescription market. Physicians are having more options of how they’re employed. There is a desire and demand for home-based services. Large amounts of money have been invested in telehealth services.
- HPA Strategies for 2023: Strategies include payment reform, quality initiatives, education and advocacy, fiduciary risk mitigation, pharmacy trends and purchaser collaboration.

VI. EDUCATION

a.

Highlights and discussion noted below:

- No items brought to the commission.

VII. SEMI-ANNUAL UPDATES



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a. Compliance Review

Highlights and discussion noted below:

State: Anthem – *Kristine Ossenfort*

- 131st Legislature: There are 82 democrats, 67 republicans and 2 independents.
- Legislation: We are currently at 200 bills printed and 2300-2400 bills on their way to legislature. Bills printed to date include L.D. 59, L.D. 111, L.D. 121, and L.D. 132.
- Possible Legislation: Possible legislation include facility fees, telehealth, vaccine administration by pharmacist, medical billing and reimbursement, provider contracting, prior authorization and utilization management, reduced co-payments for specialists, prescription contraceptives, prescription drug costs and health care costs.
- Possible Mandates: Possible mandates include newborn circumcision, care of expectant mothers in adoption cases, cancer screenings for persons at risk for reproductive cancers, diagnostic and supplemental breast exams, Lyme disease vaccines and donor breast milk.

Federal: Lockton – *Mark Halloway*

- Inflation Reduction Act: Big changes to prescription drug coverage. There is also a rebate payable to Medicare beneficiaries if the drug price rises faster than inflation. Health and Human Services can negotiate drug prices for Medicare for 10 high-priced drugs in 2023, which will increase to 20 drugs in 2029.
- The Affordable Care Act: Effective 2023, if coverage cost for employee’s spouse and kids exceeds affordability threshold times eligible employee’s household income, those family members are not locked out of exchange tax credits. Employers can amend Section 125 plans to allow employee to drop to single coverage if family members qualify for exchange subsidies.
- Price Transparency: A free price comparison/internet based self-service tool will have real-time responses based on information that is accurate at the time of the request.
- Mental Health Parity: The Mental Health Parity and Addiction Equity (MHPAEA) has been around for a while, requiring plans that offer medical/surgical and mental health/substance use disorder benefits to ensure the benefits are treated relatively the same.

Jonathan French Asks: L.D. 121 will require for seasonal and session only, will that offer be for all or those that don’t have coverage?

Kim Ossenfort Responds: I will have to look at the language of the bill.



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	<ul style="list-style-type: none"> • <u>COVID-19</u>: COVID-19 testing, including OTC tests, must be covered at 100% by group health plans until the expiration of the public health emergency declared by Health and Human Services. • <u>Notable Court Cases</u>: Notable court cases include Dobbs v. Jackson Women’s Health Organization, Discrimination Based on Sexual Orientation or Gender Identity, and US Supreme Court Decision on End State Renal Disease (ESRD). 	
<p>b. LivingResources Program – Jennifer Harris</p>	<p>Highlights and discussion noted below:</p> <ul style="list-style-type: none"> • <u>Connect to Care</u>: You can connect to LivingResources through the toll-free number 844-207-LINK or online at guidanceconnect.com • <u>2022 Program Engagement Snapshot</u>: We have seen a large jump of 13% in employees using LivingResources with a total of 29% use. 94% of cases were solved directly through the employee assistance program. Health and wellness utilization increased by 2%. • <u>2022 Program Engagement – Client Demographics</u>: Client Demographics include 84% usage being employees. Utilization is 98% active employees and 2% retirees and of that demographic, the majority were female. There was a 28% increase in online referrals compared to 2021. • <u>2022 Program Engagement – Primary Issues Presented</u>: Face to face encounters decreased by 26% from 2023, however, telephone interactions increased 21% and video interactions increased by 3%. “Moving” is the most popular use for FamilySource and depression has increased by 4\$ since 2021. • <u>2022 Program Engagement – Online</u>: In 2022 there were 717 unique online users – an increase from the 477 in 2021. Wellness was the most popular online topic and “Are you Financially on Track for Retirement,” was the most popular on-demand training. • <u>2022 Critical Incidents, Training and Health Fairs</u>: In 2022 there were 30 hours of training sessions, 30 sessions and 601 attendees. • <u>LivingResources Training Requests</u>: With over 200 training topics available, the training request form can be found on the Employee Health and Wellness website and for onsite or webinar sessions there will need to be 30 days advanced notice. • <u>Well-Being Coaching</u>: Year to date there were 17 Health Coaching Services administered to State of Maine employees. • <u>Program Model for the State of Maine</u>: There is 24/7 multilingual access to master’s and doctoral-level professionals. Currently there is a 5-session model 	



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per person, per issue, per year as well as unlimited hours for training and/or critical incident stress management services.

VIII. OTHER BUSINESS

**a. Retreat 2023 Schedule –
Heather Perreault**

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

- 2023 Retreat: We are looking at having a retreat for the commission members later in the year to discuss missions and values and have conversations in a nonpublic setting. It is also a chance to orientate the new members of the commission.

b. Open Discussion

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

- Anthem Impact Report on Maintenance Chiropractic Visits: We have asked Anthem to run an impact report on the maintenance chiropractic visits. We are hearing that some of those are not processing as expected.
- Requests for Proposal (RFP): Around November we started reviewing the request for proposal process – we were out to bid for dental and looking to go out to bid for medical. We’ve noticed, that in how we’ve composed the RFP, that we have not allowed for cost shifting or member impact to be calculated in how we reviewed and scored the RFP. Because of this, we did pull the RFP’s to make sure that we can accurately get the information we want and score accordingly.

IX. REQUEST MOTION TO ADJOURN

**c. X. Adjourn Meeting
(10:56pm)**

Joanne Rawlings-Sekunda made a motion to adjourn; *Frank Wiltuck* seconded the motion. Motion passed.

2023 meeting schedule available at www.maine.gov/bhr/oeh