

**Benefits Focus Group Minutes  
(1/05/05)**

**(In attendance, alphabetically listed)**

**Note: Names listed are BFG members; non-members may attend but are not always listed.**

<u>Regular Members</u>	<u>Alternate Members</u>	<u>Staff Advisors</u>	<u>Recorder</u>
John Agen	Joyce Dolan	Robert Blinch-Edwards	BJ Branson
Gil Fernandez	Nancy Meskimen	Kurt Hoverter	
Bette Fritz	Joe Munyak	Linda McKinney	
Dolly Gamble	William Tatum		
John Glanden			
Jim Godshall		<u>Guests</u>	
Pat Horan		Mike Colantuono, AHH	
Bill Gaines		Tom Dolsak, EMI	
Dick Minster		Jim Davis, EMI	
Stacey Monroe		Bill Hampel, EMI	
Benita Saldutti			
Louise Van Pelt			
Ed Whitehead			

**Call to Order- Chairperson**

John Agen called the meeting to order at 1:05 p.m., Wednesday, January 5, 2005 and asked for roll call.

**Roll Call**

BJ Branson called the roll and recorded today.

**Approval of Minutes**

John Agen called for approval of the minutes from the last meeting. A request from Robert Blinch-Edwards was made to the minutes from December 1, 2004, for his name to be on the VEBA sub-committee; however, it was noted that the minutes were already correct and his name was not to be with the sub-committee and Robert was notified. The final minutes were approved as submitted.

**American Health Holding Presentation**

Linda McKinney introduced guests Jim Davis, Tom Dolsak and Bill Hampel representing EMI; and Mike Colantuono from Mechanicsville, PA, representing American Health Holding, Inc. Several BFG members expressed interest in learning more about wellness opportunities and American Health Holding, Inc., which is being used by the county.

Mike Colantuono gave a presentation of American Health Holding, Inc. The presentation covered: Disease Management Program, Health-e Outlook website ([www.health-eoutlook.com](http://www.health-eoutlook.com)) customizable for personal health records and the Nurse Call-line, available 24/7 to access info on health topics.

Mr. Colantuono gave background on American Health Holding, Inc. and a demo on the website of a Health Risk Appraisal (HRA). Questions are presented to the user of the website to obtain a personal health record, exclusive to the user, through a password. Answers to the questions are compiled to enable the user to have a better feel for some things they can do to manage their own wellness. The website is user-friendly and offers other drill down info sites depending on the individual needs or interests as well as calendar reminders for appointments and a terminology help site. The information provided is printable to take with you to the doctor's office to see your historical health record. If something is entered that is an issue (such as prescription interaction) or a problem based on info provided on the customized website, warnings are red-flagged to alert the user of a potential high risk for a problem which could potentially occur within 12 to 24 months. Having this info will help you do the right things based on national medical guidelines, including meal planning and exercise.

Booklets and flyer handouts entitled, "EMI and AHH, Responsive Medical Management Powered by the Internet, Present: Healthy Horizons, Healthy Outlook and 24/7 Nurse Line" were provided and reviewed. Copies are available in HR if desired.

It was noted that 15-50% would use the Health Risk Assessment (HRA), depending on announcement, promotion and communication of the program. About 30% of those invited into disease management program will participate with 2-4% getting invited in, depending on their HRA, info on claims and self-referrals. The usage percentage could be higher, depending on participation. The total identified and invited into the program could all participate, if desired.

The approximate cost to the city for the three components (Health-e Outlook, Nurse Call-lines and Disease Management) would be about \$3.25, bundled per employee, per month or \$3.90, unbundled, with each component having a separate cost. Each component presented can be purchased independent of the other. Updates are provided on quarterly reports.

The Nurse Call-line would have no limitation as to number of calls. There would be no limits on the Health-e Outlook website. The limitation would be on the predictive modeling, Disease Management Program.

Linda advised that HR would be obtaining some track record information of success (cost containment effectiveness) and copies of existing customer reports or measurements before going forward with any of these programs from American Health Holding, Inc. These measurements will be reviewed at the next BFG meeting.

These programs would take about 60 days once all data is compiled and analysis is completed and would probably come out of the already approved wellness fund.

#### **Monthly Cost Review – Linda McKinney**

Linda handed out and reviewed the monthly cost sheets for September, end of fiscal year, including medical, dental and Caremark pharmacy costs. These costs totaled \$8.2 million for the fiscal year, up from \$7.1 million LY. The monthly total cost and the pharmacy costs were also up from the previous month.

**Other Business**

None

**Adjournment and Next Meeting**

John Agen adjourned the meeting at 3:05 p.m. The next meeting will be *Wednesday, February 2, 2005*, 1:00-3:00 p.m in room #100 of the Federal Building.

/dv

Minutes Approved: \_\_\_\_\_

\_\_\_\_\_  
John Agen, Chairperson, or  
Benita Saldutti, Vice-Chairperson