

**Benefits Focus Group Minutes
(2/01/06)**

Note: Regular BFG members names are listed ; non-members may attend but are not always listed.

<u>Regular Members</u>	<u>Alternate Members</u>	<u>Staff Advisors</u>	<u>Recorder</u>
Cleo Ammons	Jesse Hubbard	Kurt Hoverter	Diane Vanderwest
Janice Cox	Kim Lambert	Wendy Prell (for Robert Blinch-Edwards today)	
Bill Gaines	William Tatum		
Dolly Gamble			
John Glanden			
Jim Godshall			
Carol Karr (for Casey Humpert today)			
Tom Laracey		Also Present:	
Sue Martin		Dr. Kirk Voelker, MD	
Dick Minster			
Benita Saldutti			
KayKae Thomas			
Javier Vargas			Total pres= 20

Call to Order

Benita Saldutti called the meeting to order at 1:05 p.m., Wednesday, February 1, 2006 and asked for a roll call also advising the agenda items would be moved around today.

Roll Call

Diane Vanderwest called the roll and recorded the meeting. Carol Karr attended for Casey Humpert, Van Wezel. Wendy Prell attended for Robert Blinch-Edwards, Heathcare Sarasota (HCS).

Smoking Cessation – Dr. Kirk Voelker

Benita introduced Dr. Voelker of the AMI (American Medical Innovations) Stop Smoking Clinic of Sarasota. Dr. Voelker handed out brochures entitled, “Stop Smoking Clinic” and talked about the program involving SMART shot. The brochure’s definition of this is: The Scopolamine Mediated Anticholinergic Receptor Treatment. Dr. Voelker shared the following information found in the brochure and then answered some questions. When a client makes an initial appointment at the clinic, he/she receives a stop smoking video and instruction booklet and will do a series of “homework” steps to help break the habit of smoking before the clinic appointment. This 1-year, counselor supported program offers Zyban, nicotine replacement as well as a one-time shot, which consists of scopolamine and hydroxyzine. The nicotine block is then continued for the next 2 weeks by using oral medications. A detailed program is also available to help with the psychological addiction, which has about a 70% success rate. Counselor support will call the patient every month for a year to check on their continued success. Dr. Voelker has had this program with Sarasota County for over a year.

The cost of the smoking cessation program for the City would be \$275/person. Funding options for this program and how to determine success will be discussed by a subcommittee consisting of Kurt with Jim Godshall and Sue Martin and presented at the next BFG meeting.

Approval of Minutes

Benita called for approval of the minutes from the last meeting of December 7, 2005. The final minutes were approved as presented.

Election of new BFG Chairperson

Benita advised that John Agen would no longer be serving as chair or a member of the BFG. Al Woodle was nominated and selected as new chairperson for the BFG and will be notified. Benita will stay on as Vice Chair for this group.

New Clinic Opening Info – Wendy Prell

A new walk-in clinic opened January 30 at University and Shade to serve as an alternative to the ER. The SMH professionally staffed clinic operates Monday through Saturday 8 am to 8 pm for non-life threatening, urgent care at a cost of \$25 per visit (instead of \$75 at the ER) when your doctor’s office is closed. If you encounter any problems contact WEBTPA.

Wellness Incentives Limits – Kurt Hoverter

Any wellness program has to be voluntary, not mandatory, to help prevent ADA or HIPAA lawsuits. Wellness incentives have limits and cannot go over 20% of the full cost of single coverage. Kurt circulated two articles on this subject.

Monthly Cost Review – Kurt Hoverter

Kurt reviewed total cost charts and the pharmacy cost chart. Kurt explained the cost trend showed a slight improvement over that of last year. The monthly cost charts are available in HR anytime.

Other Business

Some out of network problems were discussed that will be looked into further.

Kurt attended a Wellness Conference in Tampa Jan 26 and 27th and gave a brief overview.

Sue Martin gave an update on the successes of the Weight Watchers at Work program at its halfway point. There has been a total of 195 pounds lost with this program’s 26 members thus far. Sue asked the BFG for recommendation to continue the Weight Watchers at Work program for a second 12-week period and received the recommendation for continuance. The weight watcher group meets at noon on Wednesdays in Rm #100 of the Federal Building.

Adjournment and Next Meeting

Benita adjourned the meeting at 2:20 p.m. The next BFG meeting is scheduled to be **Wednesday, April 5, 2006**, 1:00-3:00 p.m. in Room #100 of the Federal Building.

/dv

Minutes Approved: _____

Benita Saldutti, Vice-Chairperson