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HCAC MEETING SUMMARY
October 20, 2022

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The September meeting minutes were distributed for review and accepted with no changes.

Medical

Dave Barchet from USI presented the monthly financial and utilization reviews to the committee members through September 30, 2022. He provided an executive summary for the past twenty-four months, gross medical and prescription drug claims, large claims summary along with network savings across all MMO plans using the presentation provided by USI.

Medical Mutual of Ohio

Stephanie Muller from Medical Mutual of Ohio provided additional information on Medical Mutual's nation network change. Effective January 1, 2023, MMO will be changing their national network from Aetna Open Choice to Cigna. Members and dependents over 18 will be receiving new cards with this updated change on their cards. Members effected by this change will receive a 60-day letter if there will be a disruption to their provider service.

MedMutual find a provider tool on the website was updated for 2023 to include the Cigna provider. Medical Mutual will send out notices to employees enrolled with Medical Mutual.

With the change to add Cigna, new medical cards will be mailed out to all members and eligible dependents. New cards will be sent out in plain white envelopes. Medical Mutual participants are encouraged to share the new cards with their providers to ensure proper billing.

Medical Mutual is partnering with several network providers to encourage members to complete recommended prevention visits. This program started in July and will continue through October. The letters remind members that they may be overdue for preventative visits and encourage employee to make appointments.

Medical Mutual began an additional outreach program Lark Heart Health Early Adopter Program. YSU has 51 members targeted for this outreach. Members were determined by using the American College of Cardiology ASCVC risk estimator. Participants will receive 12 months of digital coaching, digital body weigh scale and telephonic coaching. Members will be contacted around the end of October either through email or direct mail.

Medical Mutual is also beginning an additional campaign, Lark – Health for the Holidays. This campaign is available to groups with Medical Mutual's Chronic Condition Management Program. Areas of focus will be weight management and stress management. YSU has 1283 members targeted for outreach, which includes any member over the age of 18. Members will be contacted by email or direct mail.

Medical Mutual Senior Assist, previously Caregiver Support pilot program, is a no cost program to members which provides guidance and information for members with senior family members. The program allows member to discuss healthcare and Medicare basics, financial assistance, advocacy for health and life situations, social services, and access to 24-hour nurse line. Fliers are available with more information in the HR/benefits office.

Wellness

Carrie continues to promote the new wellness portal for all benefit eligible employees.

The annual Battle of the Birds ended with YSU, for the third year in a row, as the top bird! One hundred and seventy-eight employees participated to make us the champion of this challenge.

The last wellness day will be on begin on Tuesday October 25, 2022 8am to 2pm in Kilcawley Center. Employees are encouraged to sign up through the Living Well Portal. Employees who are not available on any of the days scheduled may use the physician form process or home test kits to receive their wellness incentive points.

The incentive program will be ending on November 11, 2022.   Incentives will be on qualifying employees paychecks on their first pay in December 2022.

Carrie is working in a Request for Proposal for the Wellness portal. The RFP will be sent out in last October 2022.

Carrie is developing the 2023 incentive program. The program will have some changes for new employees to allow them to achieve incentives in a different timeframe since they do not have the whole year to achieve the goals. More to come.