## Peralta Community College District
### Health Benefits Committee Meeting
December 3, 2015
Meeting Start 9:10 AM

**Attendees**
Chanelle Whittaker, Ron Little, Ava Lee, Luther Aaberge, Rick Putz, Debbie Weintraub, Selwyn
Montgomery, Jennifer Seibert

**Note taker:** Constance Koo

**Discussion**

### Follow up Action

<table>
<thead>
<tr>
<th>Agenda Item</th>
<th>Topic</th>
<th>Follow-Up Action</th>
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<tr>
<td>Introduction &amp; Confirmation of Committee Members</td>
<td>Introduction of new staff: Ronnie Roberts</td>
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</table>
| Focus of Committee (last discussed a the April 2015 Meeting) | Spirit of the language of all three collective bargaining agreements + language proposed by the PRO = “Focus of the Committee” language.  

**DW:** Would like to ensure that the focus is not solely to reduce health & welfare costs of the District, but to also convey the message that the focus is also to reduce costs for “all.”

**RL:** “Quality” is a subjective word and is worth discussing later. (Regarding how to reduce costs without impacting something else.)

**JS:** Mutual interest = reduce impact; the focus of the committee is to “study the manners and mechanisms”

**DW:** the language should reflect more than reducing costs for the District. It also should be to reduce the cost for “all of us,” all stakeholders.

**JS:** Option: the committee want to “reduce costs for all.”

**DW:** Add a sentence to round out the message.

**DW:** propose more language?

**JS:** leverage partners to maximize resources.

**YourCare program – a tailored health manager program to manage costs; an integrated solution for health maintenance.**
Health Center – the online feature for members

Health Risk Assessment – online questionnaire; focusing on key lifestyle behaviors. Once completed, you receive a summary “participant reporting.”

(JS: PCCD has an opportunity to share in these results)

Health advising – positively impacts health coaching enrollment rates

Health coaching

Personalized Lifestyle Programs – for those who are not comfortable with a coach, or who prefer self-directed online programs

Preventative care reminders – utilizes medical and clinical data

Condition Management – another clinical program

Where are we now? JS: PCCD wants to get a handle on the data “gaps” (i.e.: prescribed medication vs. actual use of medication, etc.) CoreSource data is cross-checking patient progress. Only 17 individuals are enrolled in FOCUS disease management (out of 700!) Did you know that dependents over 18 years of age are eligible?

Strategy for 2016 –

DW: (Demographics of members affects selection of incentives.) Are a majority of CoreSource members faculty?
### Kaiser Permanente Presentation

**Gina, KP Senior Account Manager**

**Dr. Jennifer, KP Chief of Health Promotion and private practice primary care physician**

- **HEDIS** = Healthcare Employer Data Information Set, of the National Committee for Quality Insurance

- **Dr. J**: online registration rate is good, but healthy lifestyle program participation rate is low. How to get the unhealthy people to participate?

  - **JS**: ...through the study of manners and mechanisms.

  - **AL**: Reinstatement of e-access takes forever.

- **Member Engagement – Dr. J**: Members diagnosed with diabetes are automatically enrolled in clinical intervention programs. “Inreach and outreach.” Also, KP offers a pre-diabetes (prevention) program; opportunities to intervene whenever possible.

  - **Exercising statistics. Exercise!**

  - **Wellness coaching by phone (and some select areas by video) are free. Health Education Center online is available for everyone (including non-members).**

### Affordable Care Act Timeline

**New tax forms are required for 2016 (part of the employer mandate.)**
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<tr>
<th>Benefit Bridge Features</th>
<th>BB has been in use since 2014 and is currently in use for active employees Utilized to change and/or activate enrollment.</th>
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</thead>
<tbody>
<tr>
<td>Survey – Websites (Homepage and Benefit Bridge)</td>
<td>DW: how to secure information regarding non-website users? SM: We would like to integrate something at each college. A lot of our union members do not read email. JS: problem = getting into demographics. Hoping to get survey out by January 2016</td>
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<tr>
<td>Review of potential newsletter topic and saved the dates</td>
<td>JS to DW: craft a question or a written survey for these people. Perhaps include a comment box to current survey.</td>
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End of meeting 10:40am

Next Meeting 1/21/16@9am District Board Room