

**NORTHERN ARIZONA PUBLIC EMPLOYEES BENEFIT TRUST
MEETING MINUTES
June 13, 2019**

The following consultants/vendors were present:

Amy Girardo	Segal
Garrett Mahoney	Ashton Tiffany
Mallory Esquibel	Ashton Tiffany
Julie Almond	Vera Whole Health
Marina Teach	Vera Whole Health
Brad Frank	Vera Whole Health
Allie Duff	Vera Whole Health
Sue Ferbet	Vera Whole Health
Jigang Yang	Vera Whole Health (telephonic)

The following Trustees were present, and a quorum was met:

Bob Kuhn	Flagstaff Unified School District
Shannon Anderson	City of Flagstaff
Mike Townsend	Coconino County

The following Alternate Trustees were present:

Rosa Mendoza-Logan	Coconino County Community College
Shane Dille	City of Flagstaff
Jennifer Moore	Flagstaff Unified School District

The following guests were present:

Katie Wittekind	Coconino County (Wellness)
Amber Baker	Coconino County (Wellness)
Jennifer Caputo	City of Flagstaff
Lauree Battice	NAIPTA
Dawn Anderson	Flagstaff Unified School District
Scott Walmer	Flagstaff Unified School District
Alex Culhane	SOAR

1. CALL TO ORDER 9:06 a.m.

2. APPROVAL OF AGENDA

Unanimous approval of agenda items by the Trustees

3. APPROVAL OF MINUTES May 16, 2019

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Shannon Anderson made a motion to approve the minutes; Bob Kuhn seconded, motion approved.

4. ACTION ITEMS

1. Discussion and possible board action/approval on committee updates

a. Vera Annual Report

Julie Almond

Ms. Almond summarized the following in the annual report:

- clinic highlights,
- financial impact analysis,
- engagement and utilization,
- patient satisfaction,
- clinical quality, and
- strategic priorities and recommendations.

Dr. Frank shared a patient story and stated that there had been a lot of positive feedback from patients.

Ms. Almond presented the data validation compared to Segal's findings. The difference shown was minor and verified that the data have been validated.

Ms. Almond presented the financial performance historical trend method, which showed a net savings of \$1,591,600 and ROI of 56.5%. The PMPM savings by type of service totals to \$86.05.

Ms. Duff presented the total appointments by type and year. Ms. Duff indicated that the total appointments increased from year 2 to year 3 by 4% due to a 22% increase in biometric screenings, a 27% increase in total coaching, and a 13% increase in total physical therapy.

Ms. Duff presented the physical therapy FUSD group prevention participation counts by month, also stating that physical therapy can be used by any agency, not just FUSD.

Ms. Duff presented the three-part annual whole health evaluations (AWHE), which include provider wellness visits, biometric screening, and coaching connection sessions.

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Ms. Duff then presented the total no-show percentages for years one through three, which showed 5.1% in year 1, 5.6% in year 2, and 7.9% in year 3. Coaching had the highest percentage of no-show appointments.

Ms. Duff stated that overall engagement was the same as in year 2, at 56%.

Dr. Frank presented the starting medications dispensed at Vera, by class. He also stated that 3,063 flu shots have been administered since the launch of the clinic.

Mr. Townsend requested that each agency discuss scheduling of annual flu shots.

Ms. Duff shared a patient testimonial along with patient satisfaction ratings over year 3 and the new net promoter score, which was high.

Ms. Almond presented the health snapshot for the engaged clinic population as similar to the national averages for obesity. The blood pressure control snapshot indicated 88% normal or controlled with medication, and 12% abnormal. Blood glucose control shows 79% with levels that are normal or controlled on medication, 15% with increased risk for diabetes, and 6% diabetic.

Ms. Almond stated that the breast cancer screenings were done with women only. The screenings indicated that the engaged population is 22% more compliant than the non-engaged population, and meets 94% of the target. The cervical cancer population is 35% more compliant than the non-engaged population, and meets 96% of the target. The colon cancer screening shows the engaged population to be 25% more compliant than the non-engaged population, and meets 91% of the target.

Ms. Almond also shared the averages for A1C control in diabetes, blood pressure control in hypertension, and high CVR/statin compliance. She confirmed that the strategic priorities she presented are the same as those of the board members. She then asked the board if there have been any unmet needs, to which the board replied with no negative comments.

Mr. Townsend stated that the trends for year 3 look great, with percentage of engagement to be the only item he finds to be concerning.

Ms. Almond suggested that wellness engagement be incentivized throughout the year by incorporating summer campaigns. She suggested that Segal bring the SHAPE report for wellness to the August board meeting.

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Ms. Wittekind suggested that the SHAPE, wellness, and Vera reports be made into a dashboard.

Ms. Girardo and Ms. Almond agreed to work together to incorporate all key information into a dashboard to present at the August board meeting.

No action was taken.

2. Discussion and possible board action/approval on other items

a. Discussion and direction regarding the special committee to consider future Trust structure, contracts, and committee members

Mike Townsend

Mr. Townsend stated that this idea stemmed from looking into joining Kairos.

Mr. Kuhn stated that the committee is being put together in order to discuss RFQ options to find all opportunities for the pool.

Mr. Townsend supported Mr. Kuhn's statement with additional ideas of what could be discussed in the committee, which include finding additional savings.

Mr. Townsend requested that two members from each entity be on the special committee, preferably one from HR.

Mr. Kuhn stated that he would like this committee to start the process of discussion in August so that the last-minute decision making that happened in the last fiscal year is not repeated.

Ms. Anderson asked if Segal has run or still plans to run the Kairos savings presented by John Ashton to see if the calculations were accurate. Mr. Townsend stated that Segal had not run the numbers due to Blue Cross Blue Shield not allowing NAPEBT to join Kairos, as NAPEBT was already under contract with Blue Cross Blue Shield.

Mr. Dille clarified that the contract held with Blue Cross Blue Shield prevents NAPEBT from joining Kairos who is also contracted with Blue Cross Blue Shield..

Mr. Townsend stated that NAPEBT would receive better Blue Cross Blue Shield rates by staying autonomous, and via the co-op with the City of Chandler. The City

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of Chandler was also benefitting from the savings from Blue Cross Blue Shield admin fees and had no reason to end those savings.

Mr. Townsend then requested input from the Trust board members as to whether they preferred looking into renewing all vendors separately or as a whole trust.

Ms. Anderson requested that the committee's discussion topics include the addition of more people/entities, due to employees asking if more entities will be added to the Trust in order to share the risk more broadly.

Mr. Townsend stated that there had been a brief discussion about adding more entities. He indicated that there are limited options, however, given the requirement that members may only be government entities.

Mr. Kuhn will send out dates in August for the special committee to meet. He requested that each entity email him the names of the two representatives who will be joining the committee meetings.

No action was taken.

b. Discussion and possible action on NAPEBT administration manual

Shannon Anderson

Ms. Anderson presented the changes made in the manual, which included:

- addition of nutritional counseling and training to Reference Chart (p. 5);
- addition of telemedicine benefit to Reference Chart (p. 7);
- update to EAP contact information in Reference Chart (p. 8);
- addition of KVID's Human Resources Department to Reference Chart (p. 10)—need contact information;
- addition of KVID to ACA chart (p. 12);
- addition of KVID to Employee Eligibility Chart (p. 14);
- addition of KVID to Retiree Eligibility Chart (p. 17);
- removal of FUSD exception for HSA when defaulting to HDHP (p. 24);
- addition of KVID to Leave of Absence Benefit Continuation Chart (p. 39);
- addition of "pharmacist" to over-the-counter drugs (p. 48);
- removal of aspirin for men's heart attack and female's stroke since no longer recommended (p. 49); and
- addition of preventive care drugs at pharmacy, including vaccinations (p. 51).

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Ms. Anderson requested that all KVID information be emailed to her to add to the administration manual.

Bob Kuhn motioned, Mike Townsend seconded, motion approved to accept all changes presented for the NAPEBT administration manual.

3. Discussion and possible board action/approval on meeting wrap-up

a. 2018/2019 meeting project plan

Amy Girardo

There were no updates to the 2018–2019 project plan. The 2019–2020 project plan needs to be created.

Ms. Girardo stated that she would send the 2019–2020 meeting dates to everyone and develop the 2019–2020 project plan with Mike Townsend.

b. Review of action items and timelines

Garrett Mahoney

Mr. Mahoney presented the list of action items, which included the following:

- Amy Girardo/Julie Almond to determine key information/takeaways for clinic dashboard; provide suggestions of what information to include.
- Each Trustee to contact Bob Kuhn regarding the new Special committee with dates for meeting and two designated individuals from each agency to serve on the committee. Mr. Kuhn would like to have the new committee established by the August board meeting.
- Amy Girardo to send calendar invites for future board meetings, to be scheduled on the third Thursday of each month.

5. CURRENT EVENT SUMMARIES/ANNOUNCEMENTS: None

6. NEXT REGULAR MEETING: August 22, 2019

7. ADJOURNMENT: 10:29 a.m.