



# MINUTES

WEDNESDAY,  
MARCH 11, 2009

8:30 – 10 AM

AMERICAN CANCER SOCIETY  
METRO-DETROIT AREA SERVICE CENTER  
SOUTHFIELD, MICHIGAN

MEETING HOSTED BY	Kelsey Soper, Community Representative, American Cancer Society, Contact info: 248-663-3441
TYPE OF MEETING	Bi-monthly Coalition Meeting
FACILITATOR	Scott Foster, Wellco
NOTE TAKER	Lia Hosinski, Health and Wellness Coach
TIMEKEEPER	N/A
ATTENDEES	

## Agenda topics

### WELCOME & INTRODUCTIONS

SCOTT FOSTER /  
KELSEY SOPER

DISCUSSION	
<p>Scott started the meeting by welcoming members and new visitors.</p> <p>Around the room attendee introductions were made.</p> <p>Scott invites Kelsey Soper, our host for today's meeting, to tell us about the American Cancer Society. Kelsey informs us that the American Cancer Society is the largest voluntary non-profit health organization in the world. It is dedicated to eliminating cancer as a major health problem. Handouts were distributed throughout the room pertaining to various projects including a wellness program for employees of various companies. Employers have the opportunity to qualify for a Five Star Investor Award in actively fighting cancer through the Workplace Solutions program. Volunteers are encouraged to participate in the following future events for the 'Cancer Prevention Study – 3' 'Relay For Life': Dearborn May 2<sup>nd</sup>, Clinton Township May 16<sup>th</sup>, and West Bloomfield June 6<sup>th</sup>.</p> <p>REVIEW OF MINUTES</p> <p>Scott Foster informed the group that the meeting minutes are now available on-line at the OCWC website. A thank-you was given to Lia Hosinski for recording the meeting minutes.</p> <p>Scott Foster introduces Vernice Davis Anthony as the main presenter</p>	

### MAIN PRESENTATION

VERNICE DAVIS ANTHONY, PRESIDENT &  
CHIEF EXECUTIVE OFFICER, GREATER  
DETROIT AREA HEALTH COUNCIL

DISCUSSION	"ACTIVATING THE CONSUMER FOR QUALITY"
<p>Vernice Davis Anthony informed us that GDAHC, a coalition, represents the 7 counties of southeast Michigan with members of corporate leaders, businesses, all healthcare systems, physician organizations, labor unions, non-profit organizations and many others. The organization's members, having a common interest in healthcare, work together with consensus of agreement in areas of cost, quality and access to care. She indicated that unless we engage the consumer in quality we are not going to meet our goals.</p> <p>Vernice took some time in educating the group with a snapshot of southeast Michigan. Health status trends are going in the wrong direction. Indicators show a decline in consumer's health. The data presented included concerns in rising health costs and the uninsured population. Also, the behavior of the consumer is showing an increase in activities towards an unhealthy lifestyle. A complete assessment of the disparities in our region is available on CD by contacting GDAHC. As the consumer finds the need to seek healthcare it is necessary to provide the best quality of care so he or she can feel comfortable in engaging with health professionals towards their own better health. A large part of this care is in providing information to the consumer and how they can participate in monitoring and improving their health status.</p> <p>GDAHC believes in the importance of empowering the consumer. They provide a website, <a href="http://www.SaveLivesSaveDollars.com">www.SaveLivesSaveDollars.com</a> which publicly reports on health care quality. Through this site consumers have access to health care performance ratings on hospitals, health plans and physicians. Additional health care and treatment information is also available. Lisa Mason of GDAHC gave us a nice little tour of the website, and encouraged us to visit and explore on our own – the valuable information available to all. Employers are urged to inform their employees about the 'Save Lives Save Dollars' website. In addition, GDAHC can forward their newsletters and informative e-mails to employers to provide to their employees.</p>	

Another tool, "Ask Me Three" is available to consumers to help prepare for appointments: [www.askme3.org](http://www.askme3.org) . Tool kits are available to our employees to promote use of public provider performance reports.  
 In closing, Vernice indicated that there are a number of things we can do to improve health care quality including changing the physician's approach to patients. And we, ourselves, can be a better health care consumer!

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FEATURED MEMBER PROFILE

STEVEN BUYERS, REGIONAL VICE  
 PRESIDENT, AMERICAN INSTITUTE FOR  
 PREVENTIVE MEDICINE

**DISCUSSION**

Steven Buyers is the regional vice president of the American Institute for Preventive Medicine which considers itself to be a total health and wellness company. The American Institute for Preventive Medicine was established 26 years ago by Dr. Don Powell. Its mission is to promote better health to employees and the community -and- in the process, to lower health care costs. The company provides publish materials and lifestyle change programs. Organizations that work with the institute are 13,000 corporations, union groups, health care systems, schools and government agencies. Published materials include health tracker booklets, self care guides and newsletters for employers. The behavior modification programs consist of tobacco cessation, weight loss/nutrition, and stress management.

A wellness catalog was given to all attendees as well as a Health Tracker Booklet for each of us to keep track of our own health history. If anyone is interested in product samples or have any questions, Steven can be reached at 800-345-2476 x246. Visit the website at [www.HealthyLife.com](http://www.HealthyLife.com) .

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UPDATES

SCOTT FOSTER / MICHELE HODGES

**DISCUSSION**

Michelle Hodges lead the updates

- OCWC Brochure is available and everyone is encouraged to take and distribute.
- Thanks were given to John Bailey & Associates for the distribution strategy of OCWC Brochure
- The Troy Chamber of Commerce was looking for a liaison to attend meetings and provides updates to the Chamber in regards to Brooksie Way (October 4, 2009)
- The first OCWC eNewsletter, spring edition, is about to be launched and sent out to all the members

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RESOURCES AND INFORMATION SHARING

SCOTT FOSTER

**DISCUSSION**

- March 18<sup>th</sup> – The annual Help Wellness in the Workplace conference at the University of Michigan
- April 27<sup>th</sup> – A similar conference to the U of M at Michigan State University
- May 21<sup>st</sup> – Health & Wellness Summit at the Troy Marriot

**CONCLUSIONS**

- Check upcoming events and details at the OCWC website: [www.oaklandcountywellness.com](http://www.oaklandcountywellness.com)
- Next OCWC meeting will be Wednesday, MAY 13, 2009. Location: Beaumont Hospitals. Speaker: Kent Sharkey, President/CEO, TEAM Human Capital Solutions, Topic: Mental Health Parity Act.

**ACTION ITEMS**

**PERSON RESPONSIBLE**

**DEADLINE**

<b>OBSERVERS</b>	
<b>RESOURCE PERSONS</b>	
<b>SPECIAL NOTES</b>	