



# MINUTES

WEDNESDAY,  
MAY 13, 2009

8:30 – 10 AM

BEAUMONT HOSPITAL' SUITE  
NATIONAL CITY CENTER  
TROY, MICHIGAN

MEETING HOSTED BY	Susan Bailey, Program Manager at Beaumont Hospitals
TYPE OF MEETING	Bi-monthly Coalition Meeting
FACILITATOR	Scott Foster, Corporate Wellness Expert, Wellco
NOTE TAKER	Lia Hosinski, Health and Wellness Coach
TIMEKEEPER	N/A
ATTENDEES	42

## Agenda topics

### WELCOME & INTRODUCTIONS

SCOTT FOSTER

<b>DISCUSSION</b>	
Scott started the meeting by welcoming members and new visitors.	
Around the room attendee introductions were made.	

### REVIEW OF MINUTES

SCOTT FOSTER

<b>DISCUSSION</b>	
<b>REVIEW OF MINUTES</b>	
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.	
Susan Bailey welcomes everyone to Beaumont Hospitals' National City Building site.	
Therri Oberdick, Director of Business Development at Michigan Business Review introduces Kent Sharkey as the main presenter.	

30 MINUTES

### MAIN PRESENTATION

KENT SHARKEY, PRESIDENT & CEO  
TEAM HUMAN CAPITAL SOLUTIONS

<b>DISCUSSION</b>	Mental Health Parity and Addiction Equity Act of 2008
<p>Kent Sharkey spoke on the impact of the new federal act going into effect October 3, 2009 and the related behavioral health strategies associated with it. He indicated the highlights of the Act which will affect employers with over 50 employees. There will no longer be differences between mental health and substance abuse coverage and medical and surgical coverage with regards to deductibles, co-payments, coinsurance, and out-of-pocket expenses. Also, there will be no limits on the duration of treatment such as number of visits, days of coverage, frequency of visits or other similar limitations. Since our surrounding environment is increasingly brutal, behavioral health care is expected to increase. While this Act will be good for people, it will increase cost to employer. Approximately 10 million people utilize counseling. We are looking at a 9 billion dollar annual spend; up 40% in last 7 years.</p> <p>In response to the increasing need for mental health care and the rising cost to employers, TEAM has one possible solution – a guided behavioral care program. TEAM implemented such a program through Blue Cross Blue Shield and another company to reduce and manage the health care cost. This plan provides incentives for the employees to utilize TEAM services first in that they would receive higher reimbursements if they should need longer term care. There is also the incentive of no deductible or co-insurance for the TEAM guided program.</p> <p>Kent proceeded to show a scenario of a company with employees and their families totaling 2500 members. On average 10% of the members are expected to utilize the plan. In demonstrating the math by using the TEAM guided program, Kent can show a possible savings of \$145,000 for the employer.</p> <p>For more information about the Mental Health Parity and Addiction Equity Act of 2008 and your Mental Health Parity Solution call 866-648-TEAM.</p> <p>Note: Scott Foster indicated that TEAM has worked with many companies nationwide and they rave about the outstanding results and cost savings in utilizing the TEAM Guided Behavioral Care programs.</p>	

<b>DISCUSSION</b>
<p>Sharon started by telling of her own personal experience which inspired her to create Bedside Notes. Five years ago, when she was 8 months pregnant and preparing for a presentation in California a week away, her father-in-law went through congestive heart failure. Her mother-in-law, who was appearing at the hospital at 6am to meet with the doctors, soon became exhausted. The family, in finding a way to keep up with her father-in-law's progress and relief for his wife, Sharon started Bedside Notes. Bedside Notes is a family's eyes and ears when looking after a loved one in a hospital or nursing home. Sharon related many different true stories where Bedside Notes was able to help in providing relief for a family in a stressful event. It's important for employers to recognize elder care as an issue in the workplace.</p> <p>Bedside Notes is there to help:</p> <ul style="list-style-type: none"> <li>• We will sit by your loved one and keep track of things for you.</li> <li>• We will ask questions and tell doctors what you want them to know.</li> <li>• We will call you immediately if you're needed.</li> <li>• We will visit your family member for a nursing home quality check.</li> <li>• We can provide companionship if they are lonely.</li> </ul> <p>Call Bedside Notes at 248-766-4595.</p>

## UPDATES

SCOTT FOSTER

<b>DISCUSSION</b>	The following items were touched on by informative members to the attendees of the meeting in bringing everyone to current status.
	<ul style="list-style-type: none"> <li>• <b>Healthy Workforce Act:</b> This Act intends to reimburse health and wellness prevention programs for up to \$200 in tax credits or up to 50% of the cost of the program. The benefit is to a company in any industry. Learn more in the 'Call to Action' section of the Oakland County Wellness Coalition website: <a href="http://www.oaklandcountywellness.com">www.oaklandcountywellness.com</a>. A special thank-you to Congressman Peters and Representative Paul Turner in being here at our meeting today and consideration of this Bill.</li> <li>• <b>Strategic Action Planning Process – Volunteer Recruitment, Fred Zimmer, Leadership Forward Group, LLC:</b> The current plan is due to expire at the end of this year. An evaluation is needed to be done to determine any revisions or altering of the current plan. Fred Zimmer is requesting volunteers to form a committee to create the plan for 2010.</li> <li>• <b>2009 Brooksie Way, Planning Committee Liaison, Laurie Gustafson, National Kidney Foundation and Jeff Madac, Arthritis Foundation – Michigan:</b> Laurie Gustafson indicated that April's meeting was cancelled. By our next meeting she hopes to have something to report to us.</li> <li>• <b>OCWC Brochure Distribution:</b> Therri Oberdick encourages the distribution of the OCWC Brochure from all of us to share with our colleagues. Additional brochures are available by contacting Therri.</li> <li>• <b>Cambridge Health and Wellness Business Expo, May 21, 2009 – Volunteer:</b> Information is available on the OCWC website at <a href="http://www.oaklandcountywellness.com">www.oaklandcountywellness.com</a>.</li> </ul>

SCOTT FOSTER

<b>DISCUSSION</b>
<ul style="list-style-type: none"> <li>• Ten donated gifts were handed out to attendees of meeting</li> <li>• Attendees provided information to up coming events from their organization or their interest.</li> <li>• Mitsy Morris was introduced as being in the market as a wellness consultant.</li> </ul>

<b>CONCLUSIONS</b>
<ul style="list-style-type: none"> <li>• Next OCWC meeting will be Wednesday, July 8, 2009. Location Beaumont Hospitals' suite, National City Center, Troy. Agenda available on the OCWC website at <a href="http://www.oaklandcountywellness.com">www.oaklandcountywellness.com</a>.</li> </ul>