

Meeting Minutes

Healthcare Benefit Program Governing Board Meeting

10/23/2024

The meeting of the Healthcare Benefit Program Governing Board Meeting was called to order at 11:00 AM.

Members Present: Lisa Brandl, Chairperson; Antoinette Gasbarre, Human Resources Director; Shannon Olsen, Budget Manager; Iasmina Giurgiev, Program Manager, Natasha Ramras, Chief Financial Officer

Others Present: City of Vancouver: April Stinson, Nena Cook, April Soffner
Alera Group: Erica Riggs
Guests: Karen Krohling, Corri Powell, Amanda Thompson, and Jeremiah Jones

Not Present: VHA: Natasha Douglas, Alera: Katie Burdick

- I. Minutes:
 - a. Katie Burdick was out ill and, therefore, minutes from last meeting were not ready to approve.
- II. Communications:
 - a. None
- III. Reports:
 - a. None
- IV. Old Business:
 - a. Continued 2025 Health Plan Renewal Discussion – None
 - b. Medical Insurance Opt Out
 - **Discussion Leader:** Iasmina Giurgiev
 - **Discussion:** In 2024 the Governing Board voted to change the opt out amount to be 50% of the lowest cost plan that is not a High Deductible Plan (HDHP). The amount was approximately \$431. It was noted by Iasmina that this amount will change every year due to the change in premiums every year. The OPEIU contracts do not allow for this to change every year, so Iasmina proposed to keep the opt out amount the same for 2025.
 - **Action Taken:** Iasmina made a motion to keep it the same, Natasha seconded the motion, the motion passed unanimously.
 - c. Acupuncture, spinal manipulation, and massage visits
 - **Discussion Leader:** Erica Riggs
 - **Discussion:** The Governing Board had previously voted to change the alternative care on the Regence plan to 12 visit limit in order to match the Kaiser plan. Historical data was reviewed and it showed that the average number of visits for these services was less than 12 for a 12

month period. This discussion came up again because the Regence plan covers massage benefits as well as acupuncture and spinal manipulation under alternative benefits. Therefore, the board needed to vote to include massage in the 12 visit limit.

- **Action Taken:** Motion was made by Natasha to limit massage to the 12 visit limit, Shannon seconded the motion. The motion passed 4-1.

- V. General Information:
a. None

The meeting was adjourned 11:15 AM.