

School Employees' Health Benefits Program

Plan Design Committee

Open Session Minutes: April 27, 2020 10:00 a.m.

Due to COVID-19 this meeting was held telephonically.

Adequate notice of this meeting was provided through the annual notice of the schedule of regular meetings of the Committee filed with and prominently posted in the offices of the Secretary of State. A meeting notice was mailed to the Secretary of State, Star Ledger and the Trenton Times on December 20, 2018.

The meeting of the School Employees' Health Benefits Program Plan Design Committee of New Jersey was called to order on Monday, April 27, 2020 at 10:00 a.m. Due to COVID-19 this meeting was held telephonically.

The text of Resolution B (Executive Session) – was read in its entirety in the event that the Committee desires, at any point in the meeting, to approve a motion to go into closed session.

Acting Secretary Ludwig took Roll Call and established that a quorum was present.

Roll Call

Committee Members:

Julie Giordano Plotkin, NJEA

Kevin Kelleher, NJEA

John Megariotis, Director, Division of Pensions and Benefits

Jennifer Keyes-Maloney, Assistant Treasurer

Donna Chiera, AFT/AFL-CIO

David Ridolfino- Director Office of Management and Budget

Also Present:

Christin Deacon, Division of Pensions and Benefits

Andrew Lawson, Division of Pensions and Benefits

Nicole Ludwig, Division of Pensions and Benefits

Christopher Meyer, Deputy Attorney General

When the meeting began, a quorum was not established. The meeting proceeded as informational only.

Once quorum was established Acting Secretary Nicole Ludwig read the Open Public Meetings act, as well as Resolution B.

Division Updates

Assistant Director Christin Deacon provided the Committee members with an update regarding the current COVID-19 crisis as well as the Divisions response. She stated that the Division along with the Vendors have continued to cover COVID related testing and treatments at no cost to the members. As the guidelines for testing are evolving, the Division is working across State agencies to ensure a coordinated approach.

Mrs. Deacon added that telemedicine and telehealth services are being covered at no cost to the members for in-network services. She advised that Horizon has two additional means by which telemedicine can be accessed and that Aetna has contracted with Teledoc for the Medicare Advantage population. The DCPMH providers have telehealth and virtual capabilities so members are able to access these facilities and providers virtually, these visits count towards NJWell program points.

Mrs. Deacon stated that one area that is on everyone's mind is behavioral health. With that in mind, the Division has tasked each vendor with an early start on thinking how mental and behavioral health can be augmented for our members. This has been a joint effort by her staff as well as the vendors. She went on to explain that Horizon members have access to Joyable which provides personal coaching and online resources in an eight-week program designed to improve emotional health and overall wellbeing. Members also have access to AbleTo, a program designed for those members with chronic medical conditions to have access to personalized behavioral health coaching. Members also have access to WorkIT which is a substance abuse disorder specific provider. This provider is available to the members who are struggling with substance abuse, in conjunction with their mental health providers through telemedicine and telehealth platforms.

NJWell has increased its programming for members, and now includes free membership to online exercise platforms, online healthy cooking seminars and webinars focused specifically on stress and anxiety reduction. All of these resources are located on the COVID specific landing page which is found on the Divisions website.

Mrs. Deacon has asked that the Board members to help by communicating these programs and the resources available to their employees. Lastly, Mrs. Deacon wanted to acknowledge the incredible work by her staff. She stated that in this unprecedented times, the staff at the Division has not only performed as business as usual but they have stepped up by demanding more for the SHBP/SEHBP membership and their families. She stated that their hard work is inspiring.

Mental and Behavioral Health Updates

Binsy Francis and Rachel Goldberg of Horizon presented on the Behavioral Health services which have been added.

Mrs. Goldberg stated that as Christin Deacon had reviewed Horizon has added new options available to help our member increase access to mental and behavioral health as well as subacute disorder services. She stated that the existing network is still up and running, she added that over 93 percent of the network had transitioned to telehealth. She stated that if there are any members who are in need of assistance finding help, Horizon can certainly help.

Mrs. Goldberg explained that Horizon has launched a new in-network virtual substance abuse disorder treatment organization called WorkIT health. They have a brick and mortar location in Hamilton Township.

Their model is completely based in evidence based practices for substance abuse disorder treatment including medication treatment, group therapy, individual therapy and peer support.

Mrs. Goldberg went over Joyable, which is an app that provides cognitive behavioral therapy. This app provides a mechanism for those members with low level anxiety, social anxiety and lower levels of depression. She stated that Horizon has released emails over the last few weeks, over 130,000 people were contacted with e-mail, and the response rate is favorable. Joyable is for users 14 and up, and is a good option for the members, their kids or adolescents who may need support while they are working from home as well. The app is available through Apple, or the Google app stores. Mrs. Goldberg explained AbleTo, which is a community support based program. This program is designed for those members who are raising their hands asking for help. Members can sign up online via the link that will be updated on the Division's website, as well as on Horizon's microsite. Mrs. Francis added that there are several webinars coming up and will be posted through the website. She introduced Jay Helmer from Lovongo.

Mr. Heiler advised that in addition to the continued Diabetes program offered to the SEHBP employees, Lovongo is providing the SEHBP community to its new COVID-19 and mental wellness resource powered by myStrenth. This is offered at no charge, and is a self-guided digital resource. This program does not include therapists, rather it is a good resource which provides strategies to manage heightened social isolation, along with parenting tips and many other activities including guided mediation exercises and other ways to manage stress.

Adjournment

Having no further matters to discuss, Committee member Giordano Plotkin made a motion to adjourn, Committee member Chiera seconded the motion and all voted in favor. The meeting adjourned at 10:27am

Respectfully Submitted,



Nicole Ludwig
Acting Secretary SEHBP PDC