



Southeastern Massachusetts Health Group (SMHG) Board Meeting

Wednesday, July 23rd, 2025
Virtual Meeting / Remote Participation / Meeting Recorded

Meeting Minutes

Board Members in Attendance:

Shawn Cadime, Board Chair	Seekonk
Paul Reynolds, Board Vice Chair	Dighton
Jess Cassidy	CES
Brian Clark	Norton
Kelly Usher	Raynham
Lisa Cabral	Rehoboth
Debra Robidoux	SCEC
Daniel Haynes	Tri-County
Jim Hartnett	Westport
Michael King	Wrentham

Guests in Attendance:

Suzanne Judson-Whitehouse	CES
Ralph Vitacco	Dighton
Jennifer Sroka	Norton
Jennifer Argo	Seekonk
Chris DeFontes	Seekonk
Stella Farias	Westport
Susan Brayton	Westport
Michael Breen	Blue Cross Blue Shield
Amy Bickford	Abcus
Denise DeBlasio	Abacus
Danielle Chaplick	HILB Group
Marianna Gil	Arthur J. Gallagher
Joy Layden	Arthur J. Gallagher
Sheila Kaye	Arthur J. Gallagher

Shawn Cadime, Board Chair, began the meeting at 9:34 am. Marianna Gil took the attendance roll. Member units present were CES, Dighton, Norton, Raynham, Rehoboth, SCEC, Seekonk, Tri-County, Westport, and Wrentham.

Introduction of New Entities

Shawn Cadime welcomed new members to their first official board meeting. The new members include representatives from Collaborative for Educational Services, Tri-County Regional Vocational Technical High School, and the Town of Wrentham. Shawn expressed excitement about their participation in the group and encouraged them to reach out to him or Marianna with any questions regarding the process.

Discussion and Potential Vote to Approve Meeting Minutes of June 25th, 2025

Jim Hartnett made a motion to approve the meeting minutes of June 25th, 2025. Lisa Cabral seconded the motion. There was a roll call vote by Ms. Gil.

Motion

CES	Yes
Dighton	Yes
Norton	Abstain
Raynham	Yes
Rehoboth	Yes
SCEC	Yes
Seekonk	Yes
Tri-County	Abstain
Westport	Yes
Wrentham	Abstain

The motion passed.

Discussion and Potential Vote to Approve SMHG Vice Chair

Shawn initiated the process of voting for a board vice chair, where it was noted that Paul Reynolds from Dighton had expressed his interest. No one else expressed interest.

Jim Hartnett made a motion to approve Paul Reynolds as SMHG board vice-chair. Kelly Usher seconded the motion. There was a roll call vote by Ms. Gil.

Motion

CES	Yes
Dighton	Yes
Norton	Yes
Raynham	Yes
Rehoboth	Yes
SCEC	Yes
Seekonk	Yes
Tri-County	Yes
Westport	Yes
Wrentham	Yes

The motion passed.

Discussion and Potential Vote to Approve SMHG Chair

Shawn initiated the nomination and voting process for the board chair, inviting others to express interest in the role. He was willing to step aside if someone else wanted to assume the position. As no one else expressed interest, Shawn was prepared to continue serving as chair.

Jim Hartnett made a motion to approve Shawn Cadime as SMHG board chair. Brian Clark seconded the motion. There was a roll call vote by Ms. Gil.

Motion



CES	Yes
Dighton	Yes
Norton	Yes
Raynham	Yes
Rehoboth	Yes
SCEC	Yes
Seekonk	Yes
Tri-County	Yes
Westport	Yes
Wrentham	Yes

The motion passed.

Update on Abacus Healthy Weight Program 7/1 Launch

Amy Bickford, VP of Client and Member Services at Abacus, along with Denise DeBlasio, the account manager covering for Tara during her maternity leave, provided an update on the rollout of the healthy weight program for SMHG members. Amy began by expressing satisfaction with the smooth transition following the removal of SMHG’s weight loss medications from the formulary effective July 1, 2025. To mitigate medication disruption, the Abacus program was launched on June 16, 2025, enabling timely enrollment and onboarding for members. Members can register through the app, which guides them through a series of questions, including a diabetes screening. Those with diabetes are redirected to the diabetes program to ensure they receive appropriate clinical support, as members cannot enroll in both programs simultaneously.

The program emphasizes engagement with health coaches, use of a digital scale, and the creation of an action plan. Members who actively participate receive a \$0 copay on weight loss medications for up to 12 fills during the first year. The two-year program transitions in the second year to focus on sustaining weight loss through positive behavioral strategies with coach support. Communications about the program were strategically targeted, starting with a pre-launch letter in May to individuals using medications like Wagovy, followed by a launch letter and a recent follow-up letter to those who had not yet joined.

The program has seen significant progress, with 91 out of 165 targeted individuals already registered, 79 of whom are fully onboarded and actively participating. The remaining registrants are expected to complete onboarding shortly. Members have responded positively, appreciating the personalized coaching support, which is often difficult and costly to access elsewhere. While some initial skepticism existed regarding the transition off medications, coaches have effectively reassured members by emphasizing the strategies being developed to sustain weight loss. Overall, the program has been well-received, with members expressing enthusiasm for the added benefits and support it provides.

Marianna questioned the gap between the 91 registered members and the targeted 165, asking if disinterest or medical advice to wean off medications might be contributing factors. She sought insight into whether the program expects to close this gap and reach the targeted members.

Amy explained that all members who have approached Abacus have enrolled, with no direct feedback from those who haven’t joined. She speculated that some may not be paying attention to the communication, but emphasized the strong enrollment numbers given the program’s recent launch. Amy expressed optimism that registrations will



increase as members face high prescription costs without the program's benefits. She noted overall positive feedback from enrolled members and expects the gap will narrow with time.

Shawn asked about the gap between the 91 registered members and the 79 fully onboarded, seeking clarification on whether the remaining members would complete onboarding or potentially drop off.

Amy explained that onboarding typically happens quickly after registration, as appointments are scheduled immediately. She expressed confidence that the remaining members would be fully onboarded within a short timeframe.

Shawn asked if there had been any negative feedback.

Amy acknowledged one case where a participant joined only to access medications but was quickly reassured by a coach about the program's added support. She noted a few concerns about transitioning off medications, which were addressed early by coaches through strategy discussions. Overall, there has been no significant negative feedback. Amy reminded that individuals can join the program with physician approval and that most participants were targeted through mailings, with some joining via word of mouth. She committed to providing updates on member reactions as the program progresses.

Shawn asked for clarification on whether the program was approved for one year or multiple years.

Amy explained that the program is a two-year initiative. During the first year, participants can receive up to 12 medication fills, after which they transition off medications and receive continued support from health coaches in the second year.

Marianna confirmed the two-year structure and noted that the partnership with Abacus remains subject to ongoing review.

Shawn asked if there were any loopholes allowing participants to reaccess medications after the max 12 fills.

Amy clarified that after 12 fills or participants who leave the program would need to pay out-of-pocket for medications, as strict processes are in place to prevent reentry.

Amy answered a question about tracking enrollment numbers by entity and will investigate.

Marianna asked if any new participants had joined the program who were not previously on the medications.

Amy confirmed that a few individuals who were not previously on the medications have joined the program with a doctor's note, though the majority of participants are those who were already using the medications.

Amy highlighted the importance of the program's second year, describing it as a critical phase focused on maintaining progress. Members receive extensive support from their coaches, including guidance on exercise, nutrition, and behavioral strategies. Coaches play a key role in helping members address challenges, such as



weight gain or shifting habits. Members continue using the digital scale provided at enrollment, which automatically tracks their progress, ensuring consistent focus on their goals throughout the second year.

Shawn relayed a question from Deb, asking if the program is only available to those who are on or plan to be on the weight loss medications.

Amy confirmed that the program is designed for individuals currently using or planning to use weight loss medications, as deemed clinically appropriate by their doctor.

Jim Hartnett asked about patient outcomes after completing the initial 12 months of the program.

Amy shared positive data from the second phase from other clients, noting that most participants are maintaining their weight, with only minor weight gains in a few cases. Amy highlighted the program's focus on developing strong behavioral strategies from day one to ensure long-term success after transitioning off the medications.

Amy concluded the presentation by sharing contact information for questions about the program. She offered to follow up on enrollment breakdowns by entity and advised that members with enrollment issues or questions can contact the member services team via the provided 800 number. Enrolled members can also reach out to their coach directly or inbox them for additional support.

Financial Report

Marianna covered the year-end financial report through June 30th, with a noted \$1.5 million deficit against the budget. However, the anticipated receipt of approximately \$2 million in outstanding pharmacy rebates is expected to reduce the deficit closer to the \$1 million initially placed at risk. Investment performance remains strong, generating roughly \$500,000 in profit. With these financial factors and ongoing proactive action steps, the outlook for FY26 is positive. The Medex plan is performing well, with a current loss ratio of 93%, and is expected to see a notable subscriber increase in July due to the Town of Wrentham's enrollment. Marketing results for the plan will be shared in September, pending rates from carriers. The number of large claimants over the specific deductible remains at seven, with total claims, including at the 50% level, rising to \$7.2 million, up from \$6.5 million last month. Finally, FY24 reinsurance is being closed out with no additional paid claims in June, and final reimbursements are being submitted for policy completion in the coming weeks.

Open Session for Topics Not Reasonably Anticipated 48 Hours in Advance of the Meeting

None.

Next Meeting Date

The next meeting will be held on Thursday, August 21st, 2025, at 9:30 am.

Jim Hartnett made a motion to adjourn the meeting. Kelly Usher seconded the motion. The meeting was adjourned by unanimous consent at 10:04 a.m.

Motion

*Submitted by
Marianna Gil
Gallagher Benefit Services*