

Minnesota Health Action Group



## Happy Thanksgiving From The Action Group!

I am so grateful for the members, advisors and friends of The Action Group, who continuously contribute to improving the health and economic vitality of Minnesota businesses and communities.

No matter what your touch point is with The Action Group, your involvement with this purchaser-led coalition has the potential to improve health care transparency and drive waste from the system. Our success is possible only because members and stakeholders are actively collaborating to improve health care for Minnesotans.

THANK YOU for your support of and commitment to The Action Group. Have a safe and happy Thanksgiving, and we look forward to seeing our members at the [December meeting!](#)

With thanks,

Carolyn Pare  
President and CEO



## Be the Change: Mental Health Guiding Coalition Now Forming

The Action Group is now forming a Mental Health Guiding Coalition for members, designed to improve mental health care and access for *all* Minnesotans.

Serving as the organizing force to influence and drive long-overdue system-wide improvements, The Guiding Coalition is a unique opportunity for members. Participants will learn from subject-matter experts about how best to provide high-value, integrated mental health care to employees, and how to leverage their purchasing power in the market to drive essential change for all.

Everyone who turned in an evaluation form for the October [Mental Health Community Dialogue: Accelerating Performance Improvement in Integrated Mental Health Care](#) said they are "committed to taking action, within my sphere of influence, to improve mental health care." The Guiding Coalition offers an outstanding opportunity to define and accelerate those improvements.

To participate in the Mental Health Guiding Coalition, please contact [Deb Krause](#) ([dkrause@mnhealthactiongroup.org](mailto:dkrause@mnhealthactiongroup.org)).

Click [HERE](#) to view presentations and case studies from the Community Dialogue, and [HERE](#) to view The Action Group's exclusive employer guide to advance mental health in the workplace.

## Minnesota employers urged to boost mental health resources

As Minnesota's suicide rate climbs, employers urged to play a bigger role.

By Jeremy Olson Star Tribune | NOVEMBER 1, 2018 — 8:08PM



The average worker with depression misses 4.6 more days of work each year than employees without the condition, according to a 2013 Gallup-Healthways poll, with a resulting loss of \$23 billion annually in U.S. productivity.

A group of Minnesota business leaders called on fellow employers Tuesday to upgrade their benefits packages and workplace attitudes in an effort to improve the treatment of depression and reduce the state's rising suicide rate.

Citing reduced productivity and increased prescription drug costs, leaders with the Minnesota Health Action Group said companies have both economic and moral reasons to take on mental health.

Click [HERE](#) to read coverage of the Community Dialogue from the Star Tribune and [HERE](#) for a Star Tribune editorial.



- [MN Community Measurement 2018 Depression Care in Minnesota Report](#)
- [There's a Stress Gap Between Men and Women. Here's Why It's Important.](#) (New York Times, November 14, 2018)
- [Smoking Persists for Americans with Mental Health Ills](#) (Health Day, November 8, 2018)
- [Mental Health: Action By Employers a Positive Development](#) (Mankato Free Press, October 30, 2018)

## December Member Meeting to Showcase Mental Health Innovations

At our December 11, 2018, [member meeting](#), we will look back on our work and accomplishments together over the past year. We'll also host a **SPECIAL EDITION** Innovator's Showcase featuring companies with new products and solutions to improve mental health care access and outcomes.

The Showcase companies, [AiR Healthcare](#), [Happify](#), [Joyable](#), and [Lyra Health](#) have been chosen by the employers in our Mental Health Learning Network. Each will share a high-energy, results-focused "pitch" to help build understanding of the marketplace and jump start strategic planning for the year ahead.

We'll have a delicious hot breakfast to thank our members for their passion and engagement. HR and benefits professionals who are actively considering membership are welcome to attend! It's a great



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opportunity to network, celebrate and learn. Click [here](#) for the full meeting description.

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## Call for Summit Sponsors! Reserve Your Spot by December 14!

Planning is underway for The Action Group's 12th Annual Employer Leadership Summit on May 2, 2019! We're reaching out to invite sponsors to this high-profile, highly regarded event.



Sponsorship levels are described [here](#), and each includes an opportunity to exhibit. There are a limited number of spots available and they do sell out. The goal is to have all spots secured by December 14, 2018, enabling us to begin promoting Summit sponsors early and often.

Click [HERE](#) to learn more about the sponsorship opportunity

For more information, to commit to sponsoring, or to suggest a sponsor please contact:

[Sue Jesseman](mailto:sjesseman@mnhealthactiongroup.org) (sjesseman@mnhealthactiongroup.org)  
[Deb Krause](mailto:dkrause@mnhealthactiongroup.org) (dkrause@mnhealthactiongroup.org)

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## Save the Date for a Specialty Pharmacy Community Dialogue!

Members of The Action Group's Specialty Drug Guiding Coalition, comprised of over 40 members from more than 20 employers, health plans, provider organizations, PBMs, specialty pharmacies and manufacturers, will host a [Community Dialogue](#) on January 16, 2019, from 8 a.m.-10:30 a.m. This event is free and open to the public, and registration opens next week.



This Community Dialogue will feature national policy experts who will provide insights and opportunities to help shape state and federal policy to improve access to and affordability of specialty drugs.

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## Minnesota's Health Care Costs Remain Above National Average

The third release of NRHI's [Getting to Affordability \(G2A\) Total Cost of Care \(TCOC\)](#) benchmarks continue to highlight variation in the underlying drivers of health care costs across regions, with Minnesota coming in 11 percent above the average cost of care for comparable populations. This is in line with findings from The Action Group's [Annual Employer Benefits Summary](#).



To join the discussion about accelerating Health Care Affordability in Minnesota, click [here](#) to learn about a special November 29, 2018, event hosted by ICSI, MNMCM and Stratis Health.

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There are many opportunities for HR and benefits professionals to participate in professional development happenings through The Action Group and its key partners.



### Member Meetings:

Meetings begin with networking at 8 a.m., and conclude at 10 a.m. All are held at the Hilton Airport/MOA, 3800 American Boulevard East, Bloomington. Members who miss a meeting or are interested in viewing the slides may log into the Member Center from the [homepage](#) and select Member Meeting Presentations.

- **December 11, 2018:** [Year in Review; Mental Health Innovator's Showcase](#)

### Public Meetings and Events:

- **November 29, 2018:** [Accelerating Health Care Affordability: Cross-sector Leaders Collaborating to Drive Progress](#) (free event held by Action Group partners [ISCI](#), [MNCM](#) and [Stratis](#) from 10 a.m.-2 p.m. at the Crowne Plaza Aire MSP Airport -- Mall of America)
- **January 16, 2019:** Community Dialogue: Addressing the High Cost of Specialty Drugs (To be held at the Hyatt Regency Bloomington -- details to follow!)
- **May 2, 2019:** Minnesota Health Action Group Annual Employer Leadership Summit (To be held at the Westin Edina Galleria -- details to follow!)



### THOUGHT for the Week

***"This finding in a new report on Minnesota's mental health care outcomes is heartbreaking: Just eight percent of adults who seek medical care for depression -- one of the most common mental illnesses -- will be in remission at six months."***

***Star Tribune Editorial***  
***November 8, 2018***



The Minnesota Health Action Group is a coalition of public and private purchasers whose sole purpose is to represent the collective voice of those who write the checks for health care in Minnesota. Action Group members collaborate with community stakeholders to drive innovations that support high quality health care, create engaged consumers, and ensure the economic vitality of all Minnesota communities. Based in Bloomington, MN, the Minnesota Health Action Group was formed in 1988 as the Buyers Health Care Action Group. To learn more, visit [www.mnhealthactiongroup.org](http://www.mnhealthactiongroup.org). Follow us on LinkedIn and Twitter: @actiongroupmn