



## **Consumer Advisory Board Meeting Minutes 12.30.15**

1. **Welcome:** Tammie Pitkin, Anthem Blue Cross, and Lori Andersen, Santa Clara Family Health Plan, welcomed Consumer Advisory Board (CAB) members to the December Consumer Advisory Board meeting. Members were reminded about the confidentiality agreement and to not share personal health information in the open group forum and any individual health concerns can be addressed privately with health plan representatives after the meeting. Meeting minutes from the last Consumer Advisory Board meeting was distributed for review.

2. **Depression & Holiday Blues** - Elva Hoxie, PhD, RN, MFT- Clinical Manager and Alaina Howland, Director at Beacon Health Strategies provided a discussion on ways to manage through the holidays stress. Some suggestions included exercising, staying positive, meditate, and finding your own ways to honor loved ones who may have passed.

CAB Members shared their own personal experiences regarding how the different ways they have found ways to cope and manage through the holidays.

Schedule of 2016 CAB dates/topics was distributed for review

3. **Next meeting:** January 27, 2016 @ 11 am