

**Joint Health Care Committee Reports**  
**Nov. 11-13, 2015/Anchorage**  
**Dec. 2, 2015/Teleconference**  
**Submitted by Kathleen McCoy**

**November 11-13, 2015 Meeting**

Premera and Lockton provided a picture of plan utilization last year. Premera processed 200,000 university claims last year. A good round up of the meeting can be found here:

[JHCC members met with Premera and health care vendors in review of plan performance](#) (Statewide Voice, November)

A key outtake from the above article:

*Joint degeneration and cancer are the top two conditions affecting the largest portion of our population and accounted for 19 percent of the total spend last fiscal year. Wellness efforts focused on weight loss, increased physical activity, proper bending, lifting and stretching techniques, cancer screenings and smoking cessation can positively affect the plan by reducing these kinds of claims. High claims costs, those more than \$50,000, are responsible for the greatest increase in plan costs. Last fiscal year 44.6 percent of plan costs were generated by just 2.4 percent of the population.*

Statewide Voice plans do two more stories off these sessions on health vendors and new health plan partners. Watch for links to those when they appear.

My main takeaway from the November sessions was an overwhelming sense that our plan members are not learning how to be savvy consumers in a truly treacherous healthcare environment in Alaska right now. JHCC, vendors, Premera and Lockton all seemed to think increasing consumer awareness among plan members is an important goal. However, a call for a Consumer Healthcare 101 effort did not make it onto the Dec. 2, 2015 JHCC agenda. It will be on their January agenda.

Two articles to spread among your constituents about the effect of the healthcare plan changes for out of network doctors:

- [Health care plan changes out-of-network pay rates](#) (UAF news website)
- [Choose an in-network provider](#) (2 page PDF, UA Benefits website)
- [Changes in pay rate increases likelihood of higher balance billing costs from out-of-network providers](#) (Statewide Voice, November)

**Dec. 2, 2015 Meeting**

The JHCC is voting by Friday on:

- Whether to recommend that UA/plan support Retrofit, a weight-loss counseling service aimed at folks with a BMI of 30 or higher, or >25 BMI and

three risk factors. The health plan will pay the bulk of costs, but participants would pay some costs. Goal is to greatly decrease disease related to high risk factors. SHCC will discuss at their meeting Dec. 3. 2015. A brochure on the RETROFIT proposal can be found [at the JHCC website](#).

- Adjust the CDHP deductible to conform to federal law (ACA).
- Increase the pharmacy out of pocket for 750 plan and HDHP to \$1,700 individual and \$2,700 family.

JHCC learned that the only oncology care providers in Fairbanks have gone out of network. Still discussing how to handle.