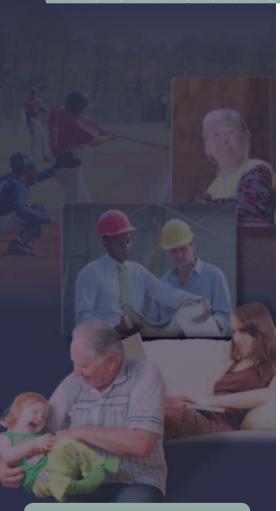


#### **Keeping Health Care Affordable**

#### For Workers And Their Families



#### IN THIS ISSUE

Visit HCCMCA on the Web

An EPIC Approach to Hearing Health Care

Mat-Su Borough
Joins HCCMCA

2

Calendar

Contractor Testifies Workers' Comp ADR Legislation Saves Money

Contact HCCMCA at: (907) 474-4226 or (888) 474-4226 (toll-free) information@hccmca.org

#### VISIT HCCMCA ON THE WEB

#### Your Comprehensive Information Source

Looking for a description of HCCMCA's Pharmacy Benefit Management program to present to your plan's Board of Trustees? Want to learn about the latest trends in health care? You can find that information and much more at HCCMCA.org, the Coalition's website.

"User-friendly" is how Dennie Castillo of the Alaska Teamster-Employer Welfare Trust, describes the site. That was the goal of last year's site redesign, which also made the site faster and more reliable.

Tabs Make it Easy to Find Information

The homepage gives you important news you can use at a glance. Right now, for example, you can download materials in support of Alaska's SB 116, a bill to allow alternative dispute resolution of workers' compensation issues. (See story p. 4)

Tabs across the top of each page direct users to the types of information they need most often. Click on the Programs tab to see a list of the services HCCMCA offers—from annual health fairs to vision care—with links to downloadable program descriptions and the websites of the organizations that provide the services.

Click on the Resources tab to find links to the newsletter archive and articles that speak to the issues that concern your members. Each link is introduced by a short excerpt to help you choose which to read first.

Castillo favors the Resources page because it "keeps members informed of HCCMCA's progress and diligent involvement with issues that are important to us. The newsletters reflect HCCMCA's dedication to helping its members keep medical costs low."

The Join Us tab takes you to a page that provides all the information needed to become an HCCMCA member and a comprehensive list of answers to frequently asked questions.



## Updates Keep the Site Current

By their nature, websites require constant care and feeding. The website was designed to be easily updated so HCCMCA can deliver accurate, up-to-date information.

"We regularly post new links, news reports and program information.

The next upgrade will add the ability to monitor website usage. Knowing how members use the site will help us tailor it to your needs," said HCCMCA Executive Director Fred Brown.

### AN **EPIC** APPROACH TO HEARING HEALTH CARE

While 1 in 10 Americans has some form of hearing impairment, fewer than 1 in 4 of those needing treatment seek care for the problem. HCCMCA's Hearing Health Care program, offered through EPIC Hearing Healthcare, seeks to change that.

#### EPIC's Services in Sync with **HCCMCA's Goals**

HCCMCA's goal in offering a Hearing Health Care program is to increase the number of people who seek early care for hearing loss by making it easier and more affordable to find quality hearing health care providers.

HCCMCA chose EPIC because of its reputation and its range of services, which includes:

- A national network of screened experts highly qualified in hearing evaluation and treatment
- Research and testing to assure that the most up-to-date and effective hearing aid options are available
- Negotiated prices for treatment and hearing devices, as much as 50% below manufacturer's suggested retail price and up to 35% lower than other discount offers

#### **Benefits for Member Plans** and Individuals

Participating in HCCMCA's Hearing Health Care program helps your plan members:

· Identify and treat problems early, avoiding more serious and costly care later in life



- people of all ages. In the U.S.:
- > 2 to 3 out of every 1,000 children are born deaf or hardof-hearing
- > 15% of people between the ages of 20 and 69 have high frequency hearing loss due to exposure to loud sounds or noise at work or at play
- > 26% of adults ages 65 and older are affected by tinnitus (ringing in the ears)

- Save money by providing low-cost access to quality hearing care
- Take advantage of fixed pricing at significant savings on hearing devices and accessories

EPIC is easy to administer. When your health plan signs up for the Hearing Health Care program, EPIC manages all individual referrals to care, and manages all billing, payment and collections for participating providers.

Participating plans can choose either an insured or self-funded model. Pricing will vary based on the model selected. EPIC pays a small portion of their reimbursement to the National Labor Alliance and HCCMCA as access fees for the program.

To learn more about the Hearing Health Care program through EPIC, contact HCCMCA at (907) 474-4226 or (888) 474-4226 (toll-free).

MAT-SU BOROUGH FISHING FOR HIGH-**QUALITY BENEFITS WITH HCCMCA** 



PPO Status for Mat-Su Regional Medical Center Matanuska-Susitna Borough - the stillwater fishing capital of Alaska-is one of the newest members

. . . . . .

PPO rate.

of HCCMCA. The

borough covers 25,000

square miles, roughly

state of West Virginia.

communities of Palmer,

Wasilla, and Houston.

employees belong to

of the Alaska Public

"We made a lot of

plans in 2011, all

changes in our health

with the objective of

benefits with an eye

toward being cost-

effective," said Mat-

Su Borough Human

Resources Manager

Sonya Conant. "Now,

economies of scale."

from the discounts that the Coalition

is able to negotiate and from the

providing high-quality

the local bargaining unit

Employees Association.

the size of the entire

and includes the

Most of the 250

full-time borough

Mat-Su Regional Medical Center is the latest medical center to join the list of HCCMCA's direct PPO contract options. As a Preferred Provider Organization, Mat-Su will deliver services to individual

Mat-Su is a 74-bed hospital served by 120 physicians (92 active, 38 courtesy) and has 660 employees. It offers a comprehensive range of specialties and services, including a birthing center, industrial and sports medicine, orthopedic surgery and radiology, among others.

participants at the discounted

our employees will be able to benefit

"Obviously a lot of people go there for care." Conant noted.

# Health Fairs a

The self-funded Mat-Su Borough Employee Health Plan offers medical, dental and vision care, as well as a prescription drug benefit. While the borough hasn't decided which HCCMCA

> already knows that the Health Fairs will be near the top of the list. "In the past," she said, "we've done our own Health Fairs. With the Coalition's support, we will be able to offer more services. The free flu shots for employees and their families should be very popular."

programs it will

select, Conant

The addition of the Mat-Su Regional Medical Center (see sidebar) to HCCMCA's list of preferred provider organizations influenced the Borough's decision to join.

#### Regional Growth a Factor

The Mat-Su Borough is growing, with the 2010 population standing at nearly 89,000. Today, health care, tourism and leisure activities and retail trade are the fastest growing segments of the economy.

"We need to provide good quality health care options for a growing work force. As an HCCMCA member, we will be able to provide more of the same health care arrangements and services that you find in big cities," Conant concluded.

#### **CALENDAR**

July 31 Deadline for all member health plans to let **HCCMCA** know which Health Fairs they will participate in this year and which lab tests they will cover at 100%. Tests include Chem Panel, Thyroid, PSA and Vitamin D.

#### 2011 Health Fair Dates and Locations

September 24	Anchorage
October 1	Spokane
October 1 & 2	Fairbanks
October 8	Anchorage
October 15	Mat-Su
October 15	Soldotna
October 22	Juneau
November 12	Seattle

2 • www.hccmca.org www.hccmca.org • 3

# CONTRACTOR TESTIFIES WORKERS' COMP ADR LEGISLATION SAVES MONEY

California construction contractor
Dave McEuen told the Alaska Senate
Labor and Commerce Committee
that his firm reduced its workers'
compensation premium payments
8% the first year after California
passed workers' comp ADR
legislation in 2003 and has reduced
its Experience Modification Rate
factor by 25 points over 8 years. He
also testified that the ADR process
substantially reduced the time

required to resolve disputes.

Alaccor cor

Similar legislation, SB 116, is pending in the Alaska legislature. Most of those attending the April 5 hearing concerning SB 116 testified in favor of the legislation. Without taking a position, Workers' Compensation Division Director Michael Monagle testified that SB 116 identifies and attempts to address the most serious problems with the state's current system.

According to former Division Director Paul Grossi, SB 116 will help bring down medical costs. He testified that Alaska's medical costs now constitute 75% of total workers' comp costs, up from 30% when he started working for the Division in the 1980s.

Physicians also support SB 116. Orthopedist Mark

Wade, MD, of the Fairbanks Surgery Center, wrote to the committee: "Too often in the current system, injured patients must cancel appointments on the eve of surgery because insurers obtain last-minute medical opinions to support controverting the treatment. I support SB 116 because I believe it will help bring certainty in the process of scheduling treatment and surgery for injured workers."

Contact HCCMCA for additional information and to learn how you can help achieve passage of SB 116.



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# MAT-SU REGIONAL MEDICAL CENTER JOINS PPO NETWORK LOOK INSIDE FOR THE LATEST ADDITION TO HCCMCA'S PPO LIST.

Since 1994, the Health Care Cost Management Corporation of Alaska, Inc. (HCCMCA) has been helping member health plans control health care costs by negotiating better pricing on health benefits and services than these same plans could achieve on their own.

Current member health plans include 20 headquartered in Alaska and 11 headquartered in the Pacific Northwest.