

NATIONAL COOPERATIVERX – JUST WHAT THE DOCTOR ORDERED



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When members of your health plan save money on prescriptions at the pharmacy, it may be thanks in large part to the work of National CooperativeRx, the Coalition's pharmacy benefit manager.

"Our members are diverse, but they all share a strong desire to collectively tackle the 'black box' of prescription financing and administration, and increasing costs," said National CooperativeRx's CEO Greg Horstman.

National CooperativeRx is the national subsidiary of WisconsinRx, founded in 2003 by three health plan sponsors who wanted more control of their pharmacy expenses and more access to data for better decision making. Today the cooperative, a not-for-profit, member-owned organization, provides prescription drug benefits to nearly 240,000 people; 70,000 of them through member plans of the HCCMCA.

How National CooperativeRx Adds Value

National CooperativeRx helps HCCMCA generate cost savings for our member health plans by:

- Offering HCCMCA member health plans volume discounts and cost containment solutions
- Delivering responsive customer service
- Providing access to a pharmacy network that is comprehensive and easy to access
- Protecting member plans by maintaining oversight through regular, independent claims audits and negotiating aggressive contract language
- Providing independent, objective clinical and pharmacy benefits expertise

For more information on HCCMCA's pharmacy benefit management services, visit hccmca.org and click on Programs, then Pharmacy Benefits Management.

HEALTH FAIRS ATTRACT RECORD CROWDS AND DELIVER REAL VALUE

From first-time participants to old hands, everyone found something to like at the 2012 Health Fairs. For the seventh year in a row, attendance was up, as was the number of people who took advantage of essential services like blood, thyroid, prostate and vitamin D testing, and more than 2,700 flu shots were administered. Overall, all of the services available saw growth in the 20 to 30 percent range.



Blood work continued to be the biggest draw: 4,100 people—a 25% increase from 2011—bared their arms for blood chemistry and hemoglobin tests. Thyroid tests followed in popularity, showing a 30% increase over 2011. Vitamin D testing attracted nearly 3,700 people, a 29% increase over last year.

This was Judy Olson's third Health Fair. Two years ago, she had blood work done at a hospital in Anchorage and was surprised at the out-of-pocket cost. "I decided then and there that I wasn't doing that again, if I could help it. The quality of the testing at the Health Fairs is just as good, and having the test done there saves everyone money—the Health Trust, the union and my family," she said. Olson's husband, Charlie is a member of PE71.

Fighting Off Flu

Olson also appreciated being able to get a flu shot at the Health Fair. "Charlie works at Baxter

Vendors and Partners Provide Services—and Fun—at the Health Fairs

From making a game out of stacking apples to handing out flu kits, HCCMCA's vendors and community partners rounded out the services and advice available at the 2012 Health Fairs. These groups participated at one or more locations:

- Alaska Poison Control
- Alaska Tobacco Quit Line
- Alere (disease management)
- Caremark/CVS (prescription drugs)
- Lion's Club (vision screening)
- National CooperativeRx (pharmacy benefit manager)
- Qualis Health (preauthorization & case management)
- Multiplan (Beech Street PPO provider)
- VSP (vision services)



Elementary School, and I work at a nursing home. We both run the risk of getting sick or passing on the flu if we don't take good care of ourselves," she noted.

This year, for the first time, National CooperativeRx distributed "flu kits" at the Health Fair, featuring common-sense advice and simple over-the-counter items to help people cope with the flu. (See above for more about vendor participation in the Health Fairs) "Our flu kit is right near the kitchen table, ready to use if we need it," she said.



Collaborating with Personal Physicians

One of the more subtle benefits of the Health Fairs is the opportunity they create for people to talk with their doctors.

"When my doctor realized that I was eligible to attend the HCCMCA Health Fairs, she encouraged me to go, and to share my test results with her afterwards," said Nanette Pineault, a right-of-way agent in the Alaska Department of Transportation and a member of ASEA/AFSCME.

Pineault was impressed with how easy and efficient it was to get blood drawn, and with how quickly she received the results. Then, she simply sent her test results on to her physician's office to be included in her records. "It's amazing how many tests they can run using just one small vial of blood," she said.

Pineault is determined that her husband will join her at the 2013 Health Fair. "This year, he took one look at how many cars were in the parking lot of the Carlson Center in Fairbanks and decided it would be too crowded," she recounted. "But once I got inside, everything was arranged so well; I didn't even have to wait in line. Spending a little time looking for a parking spot is definitely worth all of the wonderful free medical services you get." ■

HCCMCA MEMBERSHIP NOW OPERATIONAL FOR OPERATING ENGINEERS IN WASHINGTON AND ALASKA



"Our members work long hours and long days, usually Monday through Saturday. The simple fact that the HCCMCA is willing to schedule Health Fairs on Sundays tells you a lot about how HCCMCA looks out for its member health plans' best interests," said Rob Peterson, vice president of Local 302 Alaska and Washington and Trustee of Local 302/612 Health and Welfare Trust. The Alaska portion of the local has been an HCCMCA member health plan for the last two years. In 2012 the Washington membership decided to join in.

The Health Fairs (see story p. 2) were what initially attracted the union's attention. "Getting their own blood test and screening results or a flu shot at the Fairs lets people take their health care into their own hands," said Peterson. "We also saw some pretty immediate savings when people didn't have to go back and forth to the doctor's office. The cost savings and health awareness will only get better with more people attending."

Peterson also noted HCCMCA's ability to audit expenses and its support for union labor across the board as reasons "any health and welfare trust should join."

The Local 302 & 612 Construction Industry Health and Security Trust Fund covers nearly 9,000 active



and retired members and their dependents. The Washington State local extends from Puget Sound east to Yakima and Ellensburg. While the Alaska members work primarily on horizontal earthmoving projects—highways and dams, for example—the members in Washington also cover the vertical scale—the cranes and elevators needed for high-rise construction.

Looking back over his 32-year career in construction, Peterson has noticed "there are far fewer smokers or heavy drinkers than in the 1980s. Today, people go jogging after work, not to the bar. They are much more aware of how to take care of themselves. HCCMCA makes that easier." ■

CALENDAR

HCCMCA 2013 QUARTERLY BOARD MEETINGS

March 20, 1:30 ADT, 2:30 PDT

May 14, 1:30 ADT, 2:30 PDT

August 15, 1:30 ADT, 2:30 PDT

November 19, 1:30 AST, 2:30 PST

SAVE THE DATE: NATIONAL COOPERATIVERX AND HCCMCA ANNUAL MEETING

March 19 & 20, 2013, Hotel Captain Cook, Anchorage, Alaska

Reception: March 19

5:30 pm – 7:30 pm

Meeting: March 20

8:00 am – 8:30 am: Registration & Breakfast

8:30 am – 12:00 pm: Presentations

12:00 pm – 1:00 pm: Lunch

1:30 pm – 4:30 pm: HCCMCA Board Meeting (Board Members Only)





ALASKA WORKERS' COMP RATES HIGHEST IN NATION

There are times when you don't want to be ranked first. Having the highest workers' compensation premium rates in the nation is one of those times. That was the finding of the 2012 Oregon Workers' Compensation Premium Rate Ranking Survey. The 2012 median index rate value is \$1.88; in Alaska it is \$3.01.

In the 2010 survey, Alaska had the second-highest rates after Montana. In the last two years, the Montana

legislature reformed its workers' comp law. In 2012, Montana ranked number eight on the list. HCCMCA is working with multiple interest groups to achieve consensus and support legislation to help move Alaska down the national ranking list. ■

WASHINGTON PPO EXPANSION UPDATE

The wheels are in motion for HCCMCA to expand its preferred provider organization (PPO) in Washington State. Executive Director Fred Brown, members of

the Board and advisors have met with employee benefits consultants in the region. The next step will be to request proposals from PPO providers that can offer regional and nationwide coverage. The proposals will be reviewed by the Products Development Committee appointed by HCCMCA President Ron McPheters. The PPO selection will be announced at the March 2013 HCCMCA Board meeting. Look for more information in the next newsletter issue and on the HCCMCA website. ■



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THE 2012 HEALTH FAIRS DREW RECORD ATTENDANCE AND REINFORCED THEIR FINANCIAL AND HEALTH CARE VALUE. SEE PAGE 2

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 23 headquartered in Alaska and 13 headquartered in the Pacific Northwest.