

Keeping Health Care Affordable
For Workers And Their Families

ISSUE 1 — 2017

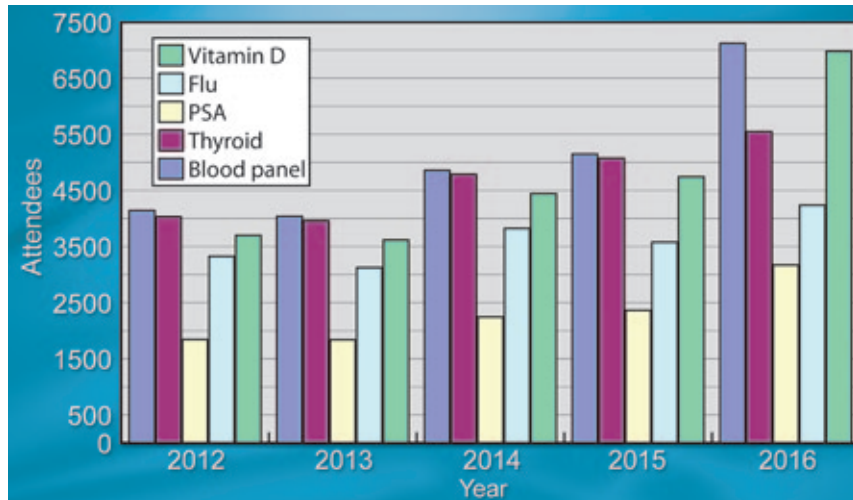
— *This Issue* —

**HCCMCA and Alaska
Regional Hospital — A
Valuable Partnership**

Discounted pricing is just one of the ways that member health plans benefit, page 3.

**HCCMCA Poised to
Succeed in 2017**

With changes on the horizon, HCCMCA is prepared to take on the challenges ahead, page 4.



- Attendance 7,449 (up 31%)
- 4,110 free flu shots given (up 15%)
- 6,616 participants tested for Vitamin D deficiency
- 5,339 tested for thyroid

HEALTH FAIRS CONTINUE POPULARITY IN 2016

In 2016, sixteen annual fall Health Fairs drew participants from across Alaska and winding into Washington. The number of attendees is growing each year; in 2016, attendance was up by 31% from the prior year, with 7,449 attendees.

Sponsored and paid for by HCCMCA, the Health Fairs give member health plans' participants easy access to preventive care services at reduced rates. Free flu shots, blood screening, prostate-specific antigen (PSA) testing, thyroid testing, Vitamin D testing and more are all available, at one convenient event.

Martina Kallenberger, Human Resource Consultant I, Alaska

Department of Administration and CEA member, attended the health fair at Centennial Hall in Juneau on October 22 with her husband, an ASEA member, who works at the Department of Natural Resources. When they received the postcard announcing its date and location, they went online and registered right away.

At the fair, "They gave out numbers like at a deli," explained Kallenberger. "You keep an eye out for the electronic sign announcing your turn. While we waited we had a chance to see the preventative healthcare exhibits, and socialize with some friends and coworkers who were also there." She especially liked the convenience of the blood draw. "We get results back quickly,

and I bring them to my doctor. It's a huge savings, and catches things you couldn't easily find." Kallenberger added, "It's just a wonderful thing, especially at no cost."

Roxanne Sedor and her husband, both of whom are retired from IBEW Local 1547 in Alaska, attended the Soldotna fair on October 22. Between them, they took advantage of the blood draw for panels, a PSA test, flu shots, vitamin D tests, and thyroid testing. "Health Fairs have been very beneficial to us, our health and way of life. They've done a good job with it."

Look for the 2017 Health Fair calendar to be announced in July. □

PPO AGREEMENT WITH ALASKA REGIONAL HOSPITAL — A VALUABLE PARTNERSHIP

With health care costs rising and possible changes afoot in U.S. health care policy, the economic benefit of partnering with HCCMCA has never been more valuable to member health plans in Alaska. Alaska Regional Hospital has been a business partner and preferred hospital provider with HCCMCA since 2001.

HCCMCA has negotiated a contract with Alaska Regional for reduced rates for hospital services. This means plan members pay less for care because the Hospital bills at a lower, in-network rate. Hospital-based services include Imaging and Radiology, Family Birth Center, Laboratory Services, Wound Care Services, Inpatient Rehab, Cardiovascular Services, Stroke Center, Women's Services, Orthopedic and Spine Center, full Lab Services, and more.

In addition to advanced medical resources and top-quality services in a family-friendly atmosphere, patients and their families will enjoy the Hospital's recently completed \$70 million remodel. It includes significant renewals and

upgrades to its Emergency Room, Family Birth Center, Orthopedic & Spine Center, waiting rooms and public spaces.

Alaska Regional is accredited by the Society of Cardiovascular Patient Care as a Chest Pain Center, and a Center of Excellence for state-of-the art Da Vinci robotic-assisted surgery, and minimally invasive gynecology.

In fall of 2016, the well-known LeapFrog Hospital Safety Organization awarded Alaska Regional Hospital a grade of B, the highest grade for any hospital in Anchorage.

And most recently, the Hospital has added a patient Healthcare Concierge service: "Just Ask Josie." Josie Wilson will provide an extra level of patient customer service, and assist with navigation, billing questions, and general healthcare concerns.

According to Heather Plucinski,

Alaska Regional Hospital's Director of Business Development, "HCCMCA delivers healthcare savings best by creating new physician partnerships and negotiating competitive medical service agreements." As a matter of fact, HCCMCA's PPO contract with the Hospital has saved participating member health plans

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Coalition Health Center Fairbanks Welcomes Patients


HCCMCA member health plan participants now have access to the Fairbanks Coalition Health Center (CHC), a brand new primary care clinic which welcomed its first patients on December 23, 2016.

The Fairbanks CHC offers wellness and preventative care, on-site services for X-rays,

prescriptions, and EKGs, as well as care for unexpected illnesses (cough, earache, rash) or injuries such as sprains, strains, and minor lacerations. It is managed by Beacon, an Alaskan owned and operated health care company since 1999.

Hours of operation are Monday – Friday, 7:30 a.m. – 5:30 p.m.

To expedite medical records transfers, member health plan participants may stop by the clinic during normal business hours to request a release of medical records.

The Health Center is located in the Ridgeview Business Park, near the Parks Highway and Geist Road intersection. Phone: (907) 450-3300 

HCCMCA Welcomes The State Of Alaska

Joining HCCMCA in the fall of 2016 brought the Division of Retirement & Benefits, State of Alaska, another step closer to achieving their health plan's mission "To supply high quality, sustainable health benefits for members."



Emily Ricci, Chief Health Policy Administrator for the Division, works in the Division to manage employee health plans. The Division administers the two AlaskaCare Health Plans, which cover approximately 16,500 state employees, dependents and COBRA participants, as well as another 69,000 retirees through public employees, teachers, and judicial retirees.

She explains, "The Coalition has done a wonderful job of negotiating the discounts we need, so we can take advantage of savings. The rising cost of health care is a big issue, for all payers, and HCCMCA's unique model makes it easy to access those savings quickly." Discussions regarding the State of Alaska

joining the Coalition had been taking place since before 2012, so "it really was quite a big deal to finally be able to join," added Ricci.

One of the most immediate benefits of working with the Coalition came by taking advantage of its annual Fall Health Fairs. Formerly, the State had been sponsoring and running its Health Fairs internally; the Coalition's involvement was a great help, especially for the retiree population, who are immediately able to benefit from the Fairs.

In addition, the State will also be leveraging savings negotiated with Alaska Regional Hospital, as well as the Surgery Center of Anchorage. Both will prove to be a significant source of savings, very welcome in an environment where all savings are critical for the State.

Looking to the future, Ricci anticipates the Division will utilize other options offered by HCCMCA. "We are very excited that we've been able to become members of the Coalition, and look forward to working with everyone to continue to save money while providing high quality health benefits." □

Featured Agreement With Alaska Regional (cont'd from p.2)

approximately \$32.9 million during the period January through September, 2016.

"Alaska Regional Hospital is committed to the highest quality in the most caring environment, by treating each patient as we would

our most cherished loved one," adds Plucinski. "And with HCCMCA, we continue to be able to offer the best care at reasonable rates."

For a full list of the Hospital's comprehensive healthcare services, visit alaskaregional.com/services. □

CALENDAR

NATIONAL COOPERATIVERX AND HCCMCA ANNUAL MEETING

April 4-5, 2017

Annual Business Meeting:
April 5, 2017

Reception:
Evening of April 4, 2017

Hotel Captain Cook
Anchorage, Alaska □

HCCMCA QUARTERLY MEMBERSHIP MEETINGS

June 14, 2017

September 28, 2017

November 15, 2017 □



Save the Date!

INTERNATIONAL FOUNDATION OF EMPLOYEE BENEFITS – 63ND ANNUAL EMPLOYEE BENEFITS CONFERENCE

October 22 – 25, 2017
Las Vegas, NV □

3000 A Street, Suite 300
Anchorage, AK 99503

**READ ABOUT
STATE OF ALASKA
JOINS THE HCCMCA, P. 3.**

Since 1994, 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 27 headquartered in Alaska and 19 headquartered in the Pacific Northwest.

HCCMCA IN 2017

2017 will be a year of change in the healthcare world. The President and Congress have vowed to make changes to the Affordable Care Act (ACA). On his first day in office, the President signed an executive order instructing regulatory agencies to issue rules, delay enforcement, and take other actions “to the maximum extent permitted by law” to roll back the ACA. In January, the Senate passed legislation to facilitate addressing portions of the ACA through the budget reconciliation process. However, the details of which provisions will change, when the changes will be implemented, and how those changes will impact individuals and health benefit plans remain unknown.

HCCMCA does — and will continue to — actively monitor healthcare-related legislation during the upcoming legislative sessions at the Federal and State levels, for Alaska and the Pacific Northwest. As events develop, we will keep you informed, to the best of our ability, about any changes that will affect our members.

The HCCMCA Board of Directors continues to work closely with our advisors to support of our mission “...to ensure that workers and their families have access to value and quality-based health care benefits and services.” Read more regarding HCCMCA



at hccmca.org, and click on About Us. If you have questions or concerns, contact Fred Brown at 907-474-4226, toll free at (888) 474-4226, or email him at info@hccmca.org.