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NEW PROGRAMS AND PROVIDERS ADDED TO MENU OF MEMBER OPTIONS

HCCMCA continues to partner with new programs and providers to offer our members additional options for controlling their plan costs.

BridgeHealth: Free, First-Class Surgery

Through BridgeHealth, your plan participants can have many non-urgent surgeries—like total hip or knee replacement, coronary artery bypass graft or spinal fusion—performed by top-rated surgeons in premier facilities across the country—at no cost to them! All costs, from pre-surgery doctor visit to post-surgery doctor visit, are paid for the participant. Travel expenses are included (airfare, lodging and food) for the participant and a companion to accompany them as a caregiver. With BridgeHealth, your health plan can save money with great discounts on high dollar surgical treatments.

Medical Park Family Care: Significant Discounts for Primary Care Services

HCCMCA has contracted with Medical Park Family Care to offer participating member health plans significant discounts for primary care services—in addition to the Coalition Health Centers in Anchorage and Fairbanks. Medical Park Family Care is located in Anchorage and treats all ages, newborn and up. In order to participate in Medical Park Family Care, groups must also participate in the Coalition Health Centers (CHC).

Surgery Center of Anchorage: A Cost-Effective Alternative

HCCMCA has negotiated an extension to the Alaska Regional Hospital (ARH) contract to include the Surgery Center of Anchorage

(SCoA). The Surgery Center of Anchorage offers a safe, convenient and cost-effective alternative to traditional hospital-based care for a broad range of outpatient surgical procedures. Health plans which are participating in the ARH agreement can add the SCoA to their plan with the same conditions, and there is no contract amendment required; it is built into the existing ARH contract.

New Frontier Anesthesia is the exclusive anesthesia provider at the Surgery Center of Anchorage. HCCMCA has negotiated significantly discounted professional fees with their providers. By participating in the New Frontier Anesthesia contract, members will greatly reduce the chances of an out-of-network service or resulting balance bill for their participants when they are treated at the SCoA.

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ANNUAL MEETING RECAP

A GLIMPSE INTO THE FUTURE

In April, HCCMCA member health plans gathered in Anchorage to attend the HCCMCA | National CooperativeRx Annual Meeting where they heard from expert speakers about trends for the future of health care.

Prescription for Savings

Josh Bindl, CEO and Wayne Salverda, Sr. Director of Clinical Services at National CooperativeRx shared impressive statistics on how they are helping health plans manage their prescription benefit costs:

- National CooperativeRx experienced their largest year of growth to date in 2016, allowing them to negotiate a pricing improvement with CVS/caremark of 3.5% beginning January 1, 2017 with further pricing improvements expected for 2018.
- Through active plan design and clinical programs, National CooperativeRx has kept trend (determined by the percentage that pharmacy benefits rise each year) low for their members. HCCMCA participating groups experienced a trend of just 3.6%—versus CVS/caremark’s overall trend at 4.7%.
- As a “cooperative,” when revenue exceeds expenses, National CooperativeRx returns that money to its members. Last year, nearly \$50,000 was returned to participating HCCMCA member-groups. Additionally, close to \$10 million was returned through rebates and over \$250,000 was distributed in the form of clinical programs, educational opportunities, and support to HCCMCA.

Your Genes Could Help Choose the Best Medicine for You

Ever wonder what health care will be like in 10, 20 or 50 years? Gillian Bell, PharmD at Mission Health Personalized Medicine Program, described one future health care trend to watch: “personalized medicine” or the use of an individual’s genetic makeup to predict how they will respond to prescription drug therapy to maximize its effectiveness—and prevent or minimize toxic drug reactions.

Many questions remain about how personalized medicine would be covered by health plans. However, a number of academic and community centers are currently conducting clinical testing, to see how personalized medicine could be used for cancer care, pain management, and mental health treatment.

Help your Plan Participants Become “Health Literate”

Today, consumers are faced with an overwhelming amount of information when it comes to health care. But, over 90 million adults in the U.S. have trouble understanding and acting on that information. Patients often request tests, treatments and procedures they don’t need, and providers perform services that are unnecessary—and may be harmful. As a result, approximately \$750 billion dollars are spent each year on unnecessary care. Beccah Rothschild from Consumer Reports introduced a free on-line toolset, called Making Healthy Choices, that health plans can use to better communicate with

their participants to encourage educated healthcare choices. Visit www.ConsumerHealthChoices.org/Healthy. Member plans can also find free communication resources through the Washington Health Alliance “Choose Your Health” program: <http://oyh.wacommunitycheckup.org/choosing-where-to-go-for-care/5-tips-for-choosing-a-primary-care-doctor/>.

Members Save Money Through Great Customer Care

If you’ve ever had a question about your health plan’s coverage, claims,



or eligibility, then you know the value of prompt, friendly, and well-informed customer assistance. CVS/caremark offers world-class customer support—an integrated model that helps Plans ensure that their participants receive a quality experience across all touch points—web, phone and email. Offered at no cost, CVS/caremark’s customer service includes: Educating members on programs that help drive savings; encouraging members to take advantage of unique plan solutions; actively enrolling members over the phone. With over 5,000 representatives answering twenty-four MILLION calls each year, this focus on excellent customer care allows Account Managers to focus their time on better serving member plans. □

All Aboard! The Alaska Railroad Becomes HCCMCA's Newest Member

From its humble beginning in 1903 as the first railroad in Alaska, to its key role in supporting Alaska construction, travel and tourism, the Alaska Railroad has been a proud contributor to the growth of Alaska.

As with all health plans in Alaska, the Alaska Railroad struggles with the rising cost of health care. That, coupled with a downturn in the economy due to the falling price for oil,

"have made things more difficult," explains

Mike Humphrey, Manager, Benefits and Records. As a self-funded plan, the Alaska Railroad covers approximately 1,550 members, dependents, and retirees.

The Alaska Railroad decided to join HCCMCA in December, 2016. Like many other organizations, they were attracted to HCCMCA because it offers programs that can help them continue to offer cost-effective, comprehensive health benefits to their plan participants that meet their needs. Especially attractive were the Coalition Health Centers for increased primary and preventive care access, as well as the pharmacy benefit management program through National Cooperative/Rx and claims processing services.

And, the Alaska Railroad looks forward to helping its participants and dependents stay on track by attending the fall Health Fairs in Anchorage and Fairbanks. ☐



New Programs and Providers Added (cont'd from p.1)

Alaska Center for Ear Nose and Throat (ACENT)

The board-certified physicians at ACENT treat children and adults for routine and surgical interventions for a variety of conditions of the face, ears, nose and throat. HCCMCA has negotiated a contract with ACENT to provide participating members significantly discounted professional ENT and audiology services, including discounts

on hearing aids. In order to participate in ACENT, health plans must modify their plans to incorporate steerage requirements to PPO providers and denote ACENT as an in-network provider.

For more information about HCCMCA program options, go to HCCMCA.org or contact us directly:

Phone: 907-474-4226
888-474-4226 (toll free)
Email: info@hccmca.org ☐

CALENDAR

2017 COALITION HEALTH FAIR DATES ANNOUNCED

Alaska Locations & Dates:

Anchorage	October 7 & 8
Anchorage	October 14 & 15
Anchorage	November 4 & 5
Fairbanks	September 16 & 17
Fairbanks	September 23 & 24
Juneau	October 21 & 22
Mat-Su	September 23
Soldotna	October 21

Washington Locations & Dates:

Bothell	October 7
Kent	October 28
Pasco	September 30
Spokane	September 23
Tacoma	September 16 <input type="checkbox"/>

HCCMCA QUARTERLY MEMBERSHIP MEETINGS

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

National CooperativeRX/
HCCMCA Reception

Monday, October 23, 2017

Watch the [HCCMCA website](http://HCCMCA.org) for details. ☐



3000 A Street, Suite 300
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READ ABOUT
ALASKA RAILROAD
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.

ANNUAL HEALTH FAIRS

IMPORTANT CHANGES FOR 2017!

As the Annual Health Fairs have continued to grow in attendance, HCCMCA is implementing some important changes for 2017 to better serve you:

- All participants, in Alaska and Washington, will be required to pre-register on-line and schedule an appointment time for lab tests. This will help reduce waiting times and improve efficiency.
- The Anchorage Health Fairs will be held at the North Terminal of the Ted Stevens International Airport which will provide more adequate parking and overall space.

- Pre-registration will close the Sunday night prior to each Health Fair.
- When pre-registering, participants will first select their health plan, as identified by name and logo, to view the health fairs for their group.

Questions? Please contact Lauren Smyrski: lsmyrski@psfinc.com, 907-865-6848, or 800-457-0220 (toll free). ☐

The Annual Health Fairs are one of the most appreciated and valuable benefits the Coalition offers to its members and their health plan participants. Last year, HCCMCA provided health fair services to more than 7,500 people at 10 locations.

*See the Calendar on pg. 3 for
Health Fair dates and locations*