


Financial & Insurance Issues




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Contributors to “Financial Toxicity”

- Employment Changes
 - To work or not to work - accommodations
 - Disability Insurance
- Life Changes
 - Marriage/divorce, moving, retiring, graduating from school, etc.
- Health Insurance Status
 - Out-of-pocket Costs
 - Consumer Protections
 - Medical Bills



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Understanding How to Get & Use Health Insurance




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Don't Understand Health Insurance? You Are Not Alone.

- Only 23% understood terms used in their health policy
- Only 50% knew their monthly premium
- Only a few understood acronyms: HMO (36%), PPO (20%) & HSA (11%) (eHealth, 2008)
- When asked to define insurance terms and calculate their bill only 50% got it right (The Regence Group, 2008)



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Health Insurance Terms

Cost to Have Health Insurance


- Premium – each month

Costs When You Use Your Health Insurance

- Deductible – each year
- Co-Insurance or Cost-Share – each time you get care (%)
- Co-Payment – each time you get care (\$)
- Out-of-Pocket Maximum =

deductible + co-payments + co-insurance

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Case Study: David


David's Plan: Deductible = \$2,000
 Co-insurance = 80/20 plan
 OOP Max = \$4,000

If David has a \$102,000 hospital bill, what does he pay?

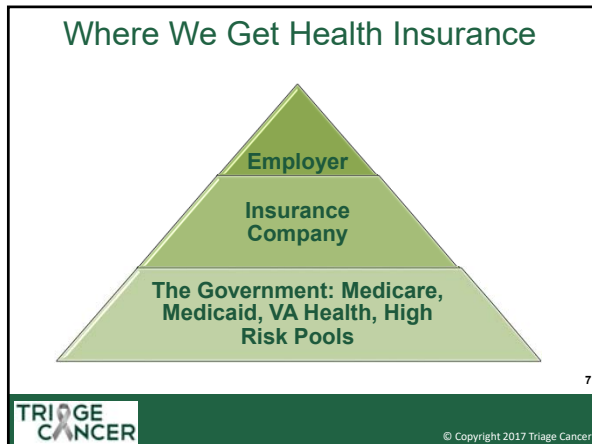
1. His deductible of \$2,000
 $\$102,000 - \$2,000 = \$100,000$ left
2. His co-insurance amount of 20%
 $20\% \text{ of } \$100,000 = \$20,000$

But OOP max is only \$4,000. So, he would only pay the \$2,000 deductible + \$2,000 of the \$20,000 co-insurance amount, for a total of \$4,000.

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Why Has it Been Hard to Get Health Insurance?

- Pre-existing conditions
- Cost
- Confusion

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Patient Protection & Affordable Care Act (ACA)

Signed into law on March 23, 2010


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Consumer Benefits

1. No rescissions (cancellations)
2. No lifetime or annual limits
3. Young adults can stay on parent's plan until 26
4. Free preventative care
5. Coverage for routine costs of a clinical trial
6. Minimum essential health benefits
7. External medical review
8. Standardized Summary of Benefits of Coverage
9. Medical loss ratio
10. Improved Medicare benefits, including reduced Rx costs
11. Medicaid expansion
12. State Marketplaces – financial assistance, out-of-pocket caps

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2014 Protections


1. Premium Rating
 - Individual vs Family Policy
 - Geographic Location (Ex: CA has 19 regions)
 - Age (64 year old can't be charged more than 3 times what a 21 year old can)
 - Tobacco (some states have eliminated this, too)
2. No Pre-Existing Condition Denials/Exclusions

Insurance companies **cannot** look at:

 - Pre-existing condition (physical or mental) or health history
 - Gender or age



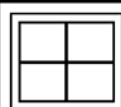
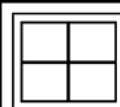
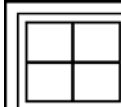
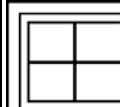
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Medicaid – Only Options Prior to 1/1/14

Eligibility: low income + low assets +

 "Aged, Blind, Disabled"	 Minor children	 People with minor children	 Pregnant women for up to 6 months after baby's birth
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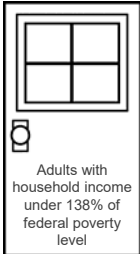
New Health Insurance Options - #1

Medicaid Expansion

New category (door) of eligibility:

- No asset / resource test

*Except Hawaii & Alaska



Adults with household income under 138% of federal poverty level

Household Size	138%*
1	\$16,642
2	22,411
3	28,179
4	33,948
5	39,716
6	45,484

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State Medicaid Expansion in 2017

Expanded 32	Not Expanded 19
AK ⁵ , AR ⁴ , AZ, CA, CO, CT, DC, DE, HI, IA ⁴ , IL, IN, KY, LA ⁷ , MA, MD, MI ¹ , MN, MT ⁶ , ND, NH ³ , NJ, NM, NV, NY, OH, OR, PA ² , RI, VT, WA, WV	AL, FL, GA, ID, KS, ME, MO, MS, NC, NE, OK, SC, SD, TN, TX, UT, VA, WI, WY

Updated: 7/7/2016 (information changes frequently, please check for updates)

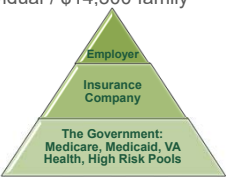
¹ MI expansion began 4/1/14
² PA expansion began 1/1/15
³ NH expansion began 1/1/16
⁴ IA and AR implemented expansion through premium assistance & wrap around Medicaid
⁵ AK expansion began 9/1/15
⁶ MT enrollment began 11/2/15 for coverage that begins 1/1/16
⁷ LA Governor signed Executive Order for expansion that began 7/1/16

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NEW HEALTH INSURANCE OPTION #2

State Health Insurance Marketplaces

- “Exchanges” = insurance shopping mall
- Benefits:
 - Cap on OOP max: \$7,150 individual / \$14,300 family
 - Financial help
 - Premium tax credits
 - Cost-sharing subsidies



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Marketplace Plan Options

Standardized cost-share: Now maybe 66%

BRONZE PLANS	SILVER PLANS	GOLD PLANS	PLATINUM PLANS
<p>Lowest monthly costs. Higher out-of-pocket costs when you receive care.</p> <p>Plan Pays <input type="text"/></p> <p>You Pay <input type="text"/></p> <p>80% Coverage You pay 40%</p>	<p>Higher monthly costs than Bronze plans. Lower out-of-pocket costs than Bronze plans.</p> <p>Plan Pays <input type="text"/></p> <p>You Pay <input type="text"/></p> <p>70% Coverage You pay 30%</p>	<p>Higher monthly costs than Silver plans. Lower out-of-pocket costs than Silver plans.</p> <p>Plan Pays <input type="text"/></p> <p>You Pay <input type="text"/></p> <p>80% Coverage You pay 20%</p>	<p>Higher monthly costs. Lower out-of-pocket costs than Gold plans when you receive care.</p> <p>Plan Pays <input type="text"/></p> <p>You Pay <input type="text"/></p> <p>90% Coverage You pay 10%</p>

Catastrophic coverage (under 30 or \$ hardship)

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States Expanding Medicaid

Cost-Sharing Subsidies (Silver Plans Only)

Household Size	100% (2017)	138% (2017)	250% (2016)	400% (2016)
1	\$12,060	\$16,642	\$29,700	\$47,520
2	16,240	22,411	40,050	64,080
3	20,420	28,179	50,400	80,640
4	24,600	33,948	60,750	97,200
5	28,780	39,716	71,100	113,760
6	32,960	45,484	81,450	130,320

↔ Medicaid
↔ Premium Tax Credits

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Avoiding Higher Medical Bills

www.HealthCare.gov/see-plans

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BlueCross BlueShield Kansas Solutions, Inc. - BlueCare Solutions Simple Bronze			The Math Matters! Total potential costs for year = 12 months of premiums + OOP max #1: $\$173 \times 12 = \$2,076$ $+ OOP = \$6,000$ Total = $\$8,076$ #2: $\$271 \times 12 = \$3,252$ $+ OOP = \$5,200$ Total = $\$8,452$ #3: $\$398 \times 12 = \$4,776$ $+ OOP = \$1,150$ Total = $\$5,926$
Estimated monthly premium \$173 <small>Premium before tax credit: \$213</small>	Deductible \$6,000 <small>Estimated Individual Total</small>	Out-of-pocket maximum \$6,000 <small>Estimated Individual Total</small>	
Blue Cross and Blue Shield of Kansas, Inc. - BlueCare Signature <small>Blue PPO Plan ID: 1899R-3380017</small>			
Estimated monthly premium \$271 <small>Premium before tax credit: \$311</small>	Deductible \$2,500 <small>Estimated Individual Total</small>	Out-of-pocket maximum \$5,200 <small>Estimated Individual Total</small>	
Blue Cross and Blue Shield of Kansas, Inc. - BlueCare Elite with pediatric dental <small>Platinum PPO Plan ID: 1899R-3380021</small>			
Estimated monthly premium \$398 <small>Premium before tax credit: \$438</small>	Deductible \$0 <small>Estimated Individual Total</small>	Out-of-pocket maximum \$1,150 <small>Estimated Individual Total</small>	

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What are the differences between plans?

- Cost
 - Premium, Out of Pocket, Co-Pay, Cost-Share
- Networks of doctors and hospitals
 - Check to make sure your doctors are covered by the plan you choose
- Prescription drug coverage
 - Which drugs are covered?
 - Is there a separate drug deductible?

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Medicare

- Eligibility
 - 65+ years old
 - On SSDI 2+ years
 - ESRD or ALS
- www.Medicare.gov
- 2017 Medicare and You: www.medicare.gov/pubs/pdf/10050.pdf
- Open Enrollment: 10/15 – 12/7



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Medicare in 2017

Part A: Hospital Insurance
(Free monthly premium for most people)

+

Part B: Medical Insurance
(Premium \$134 (w/exceptions) & Deductible \$183)

+

Part D: Prescription Drugs
(Annual deductible not more than \$400 in 2017; "Extra Help")

Or ...

Part C: Medicare Advantage Plans

(Getting your Medicare Parts A, B, & D through a Medicare managed care plan)

May pick up your Part B premiums, deductibles, and other benefits.

Less provider choice, whereas original Medicare is fee for service.

Original Medicare

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Medigap Plans

- aka Supplemental plans
 - Helps cover some of your cost share
 - Plans A-N
- Cost
 - Premium: Varies by plan
 - Deductible: Varies by plan

*Only available if purchasing Original Medicare

<https://www.medicare.gov/find-a-plan/staticpages/learn/rights-and-protections.aspx>

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New Medicare Benefits

1. Free Wellness Visit
2. Free Preventative Care
3. Lowers the cost of prescription drugs

2017: Part D deductible = \$400; Donut hole between \$3,700 & \$7,425 (in total drug costs) www.medicare.gov/pubs/pdf/10050.pdf

Year	What you pay for brand name drugs in the coverage gap	What you pay for generic drugs in the coverage gap
2017	40%	51%
2018	35%	44%
2019	30%	37%
2020	25%	25%

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Weighing Options: Medicare Advantage

Pros	Cons
Out-of-pocket maximum is at most \$6,700 a year	Could have a small network of providers = out of network providers not part of OOP max
Many plans cost exactly the same amount as a Part B plan	Plans are difficult to compare since no two plans are alike
Usually includes drug coverage (without separate premium/deductible)	Usually only localized coverage (i.e., no nationwide coverage)
Many include hearing and dental	Primarily HMO plans that require PCP referrals to see specialist
Can include "extras"	Plan can change drug and medical coverage each year
Can switch to another MA plan or original Medicare during open enrollment	May not be able to get Medigap later

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Triage Cancer Resources on Medicare

- Webinar: Making Sense of the Medicare Maze



- Recording: <http://tragecancer.org/webinars>
- Quick Guide: <http://tragecancer.org/quickguide-Medicare>

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Oral Chemo

- Benefits vs. IV Chemo
 - Target cancer cells
 - Rural areas
 - Limited mobility or transportation options
- Problem
 - Traditional IV chemotherapy, outpatient = co-payment (drug & cost of administering it)
 - Oral = Pharmacy benefit & higher out of pocket costs
- Solution?
 - State law for oral chemo parity
 - <http://tragecancer.org/statelaws>

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Elections Have Consequences



“Nobody knew health care could be so complicated.”

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What's on the Table? Everything.

- NCI & NIH - funding reductions
- FDA - roll back
- CHIP - reauthorization
- Medicare - privatization, vouchers, increase age
- Medicaid - block grants
- ACA
 - Medicaid Expansion
 - Marketplace + financial assistance
 - Consumer Protections
 - Individual & Employer Mandate
 - 21st Century Cures Act & Prevention Fund

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How the ACA Can Be Dismantled

1. Repeal
2. Reconciliation – only budget related items
 - Eliminate individual and employer mandate (taxes)
 - Reduce Medicaid funding to states
 - Not paying for defense of lawsuits against the ACA
 - Eliminate or reduce Marketplace financial help
3. Executive orders & agency non-enforcement (Ex: IRS)
4. Agency rewriting of regulations (proposed rule: 45 days for 2018, limited SEP, pre-enrollment verification, continuous coverage requirements, etc.)

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Where We Stand

2/24 → Boehner: Obamacare repeal and replace 'not what's going to happen'

4/13 → Trump released 'fixes' to ACA


- Shorter open enrollment period
- Limits on open enrollment
- Allowing insurers to collect past due debt before applying money to current policy
- Allowing insurers to create 'low-premium' plans

4/14 → Insurers want more
Trump wont guarantee cost-sharing subsidies

4/21 → Rep. Tom MacArthur (R) announces an amendment to American Health Care Act (AHCA)

5/4 → House voted to pass AHCA (217 – 214)

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Why Is The AHCA Concerning?

1. No CBO score = no idea how much it will cost, how many will loose coverage (>24 million)
2. Going back to high risk pools
3. Insurance companies can charge people with pre-existing conditions more
4. Less financial assistance
5. Cuts to Medicaid

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The Future


AHCA: Republican health care bill headed for overhaul in Senate

This week: Senate Republicans search for deal on ObamaCare repeal


Don't Count On The Senate To Save Obamacare, Or To Save The House

Collins: Senate to start 'from scratch' on health care overhaul

The Maine senator says the Senate will not take up the health care bill passed by the House, but will draft its own instead.



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What You Can Do

1. Get coverage
2. Share your story (after thinking through disclosure)
 - > <http://Triagecancer.org/quickguide-disclosure>
3. Contact elected officials
 - > <http://trriagecancer.org/advocacy>
4. Stay educated
 - > <http://trriagecancer.org/blog>



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Triage Cancer Educational Blog

<http://trriagecancer.org/blog>

Today Congress Voted to Take a Step Backwards

Posted on May 4, 2017

Today, the U.S. House of Representatives voted, by a two-vote margin, to pass the American Health Care Act. As we have talked about in prior posts, if signed, this law is a step backwards and would hurt millions of Americans.



It has the potential to effect people with pre-existing conditions like cancer, individuals who get their health insurance through an employer, people with disabilities or low incomes who receive care through Medicaid, and seniors receiving Medicare.

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Think Creatively about Finances

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Investments and Financial Services



"All of my money is tied up in futures: Next month's mortgage payment, next week's car payment, tomorrow's groceries..."


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Disability Insurance Basics

- Insurance to make up for lost income
 - Can replace 45% - 75% of monthly income
 - Helps pay for any expenses (e.g., mortgage, rent, groceries, bills, etc.)

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Disability Insurance Options: Private

- Private Disability Insurance
 - Purchase through employer
 - e.g., Aflac
 - Some employers pay all or part of premiums
 - Purchase directly from company
 - e.g., MassMutual
 - Short term vs. long term
 - Short term – generally last 6-12 months
 - Long term – generally starts 3-6 months after disability begins

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Private Insurance

- Questions to ask
 - How does the policy define “disability”
 - What are the benefits
 - How long is the waiting period for benefits to start
 - How long payments would continue
 - Does the plan take other disability coverage (e.g., SSDI) into account
 - If your long-term disability benefit is subject to a payment limit
 - Is there a booklet describing the plan

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Disability Insurance Options: State

- o State Disability Insurance
 - o Short-term disability benefits
 - o CA, NY, NJ, RI, HI, and PR

<http://tragecancer.org/resources/stateresources>

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Disability Insurance Options: Federal

- Federal Disability Insurance
 - Social Security Administration
 - Long-term disability insurance programs
 - Social Security Disability Insurance (SSDI)
 - Supplemental Security Income (SSI)

Visit www.ssa.gov for more info on SSDI & SSI

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SSI

- Eligibility
 - Low income and few resources **AND**
 - Age 65+; or
 - Blind; or
 - "Disabled"
- Payments: 1st full month after becoming "disabled"
- Health Insurance Option: Medicaid

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SSDI

- Worked and paid into the system 5 of the last 10 years (if older than 31)
 - Generally, need 40 credits, 20 in the last 10 years
 - Example: You earn one credit for each \$1,300
 - Earning \$5,200 = 4 credits for the year
- How much you receive is based on the amount of your contributions
- 5 month waiting period
- But payments can be retroactive 12 months (excluding waiting period)
- Health Insurance Option: Medicare (after 24 months of SSDI)

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SSDI Timing Example

Billy applies for SSDI benefits on September 1, 2015, for a disability the SSA determined began on January 1, 2015. His first benefit check would arrive October 2015 & would include:

- first month's payment (October),
- plus the retroactive benefits payments for the four months of June 2015 to September 2015

Note: January 2015 – May 2015 will not be included in the retroactive benefits, as that serves as the 5 month waiting period

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SSA Appeals

- About 65% of applications initially denied
- Work with health care team to document medical condition and how it affects your ability to WORK
- Must appeal in writing within 60 days of receiving denial letter (5 days after date on the letter)
- 4 Levels of Appeal:
 - Request for Reconsideration
 - Skip this level: AL, AK, CA (LA North/LA West only), CO, LA, MI, MO, NH, NY, & PA
 - Hearing by an Administrative Law Judge
 - Review by the Appeals Council
 - Federal Court Review

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Online Tool: Health & Disability Insurance and Financial Resources

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Financial Education Resources

Available at <http://TriageCancer.org/Resources>

- Navigating Finances After Cancer

Available at <http://TriageCancer.org/Webinars>

- Don't Drown in Medical Debt
- Managing Your Finances During and After Treatment

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Triage Cancer Quick Guides & Resources

Quick Guides on employment, disability, health insurance, finances, advocacy & more!

<http://trigecancer.org/quickguides>

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Triage Cancer Webinars

<p style="text-align: center;">PRECISION MEDICINE: THE FUTURE OF PERSONALIZING CANCER CARE</p> <p style="text-align: center;">January 24, 2017</p> <p style="text-align: center;"><small>Swati Sharma, MD</small></p> <p style="text-align: center;"><small>What is precision medicine? How does it relate to cancer? Is precision medicine available today?</small></p> <p style="text-align: center;"><small>11am P / 1pm C / 2pm E</small></p>	<p style="text-align: center;">CAM & CANCER: SHOW ME THE PROOF!</p> <p style="text-align: center;">February 22, 2017</p> <p style="text-align: center;"><small>Rita Abdallah LMSW-S, ACSW</small></p> <p style="text-align: center;"><small>Learn about 5 common complementary and alternative medicine (CAM) practices for those in active cancer treatment.</small></p> <p style="text-align: center;"><small>12pm P / 2pm C / 3pm E</small></p>	<p style="text-align: center;">BUILDING A STRONGER RELATIONSHIP WITH YOUR PARTNER AFTER A CANCER DIAGNOSIS</p> <p style="text-align: center;">March 22, 2017</p> <p style="text-align: center;"><small>Alli Schafir, LCSW</small></p> <p style="text-align: center;"><small>Learn how to navigate a relationship with your partner after these changes in your life.</small></p> <p style="text-align: center;"><small>3pm P / 3pm C / 4pm E</small></p>
<p style="text-align: center;">YOU AND YOUR BODY: CANCER, INTIMACY, & SEXUALITY</p> <p style="text-align: center;">April 19, 2017</p>	<p style="text-align: center;">ANTICIPATORY GRIEF & END OF LIFE CARE</p> <p style="text-align: center;">May 24, 2017</p>	<p style="text-align: center;">AN UPDATE ON OUR HEALTH CARE SYSTEM</p> <p style="text-align: center;">June 23, 2017</p>

Register: <http://trriagecancer.org/webinars>

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Triage Cancer Conferences

FREE Educational Conference for:

- Patients & survivors
- Caregivers
- Advocates
- Health care professionals (free CEUs)

Oklahoma City, Ok ~ May 20
Madison, WI ~ June 10
Morgantown, WV ~ September 23

<http://TriageCancer.org/Conferences>

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