



EDUCATORS HEALTH ALLIANCE

Participation. Collaboration. Cooperation.

Issue 8

A Publication of Educators Health Alliance

July 2015

In this issue:

- BCBSNE and CHI Reach Agreement
- EHA Field Representative Traveling Nebraska
- EHA Inflation Again Below National Average!
- Staying Hydrated in the Heat
- Weigh Less for Life

BCBSNE and CHI Reach Agreement

by Pat Bourme; Senior Vice President, Sales and Account Management

To our valued business partners: We are pleased to announce that Blue Cross and Blue Shield of Nebraska (BCBSNE) has signed two agreements with UniNet Healthcare Network, the contracting entity for Denver-based CHI Health, that bring CHI back into our NETwork BLUE provider network. As a result, UniNet-affiliated physicians in Omaha and CHI Health facilities across the state will again be contracting with BCBSNE for our health plans that utilize the NETwork BLUE provider network. Both agreements, one for the Omaha-metro area and one

for the rest of the state, are effective July 15, 2015.

Throughout the negotiation process, BCBSNE advocated for an agreement that was fair and beneficial to our members and addressed CHI Health's higher costs in Omaha. We are satisfied with the new agreements and welcome CHI Health facilities and physicians back into our NETwork BLUE network.

You have our promise that BCBSNE will continue to work on solutions to improve quality and affordability for all our members.

We appreciate your continued trust in us. This was a difficult process for our members and us, but we believe it was worth it. We delivered on our promise to advocate on your behalf for affordable, quality health care – something we will continue to do to protect the health and financial security of the people and communities we serve.

If you have questions, please contact a member of your BCBSNE sales or account service team. Members with questions should call the number on the back of their ID card.

Thank you for your continued trust in us. □

EHA Field Representative Traveling Nebraska

As the Field Representative for the Educators Health Alliance, it has been a great satisfaction to travel the State of Nebraska and speak with the vast membership of our health plan. Over the past year I have enjoyed meeting with Superintendents, School Boards, and Teacher Associations all over the State. It has been an honor to be able to meet members that I represent and learn about the uniqueness of school districts throughout Nebraska.

This year alone I have traveled over 30,000 miles crisscrossing Nebraska meeting with schools such as Gordon-Rushville, Chadron, Hastings, Holdrege, Ogallala, Kearney, Norris, Lincoln Public Schools, Hastings, Norris, Ravenna, Bennington, Blair, and Arlington to name a few. Being the only field representative of the State, it can be challenging but the rewards are endless. It is my

continued goal to reach out and offer my services to our members. Assisting constituents with specialized questions regarding their coverage or meeting with as many school districts and their employees to discuss the ever-changing world of health care coverage is also an important function of my responsibility.

I truly believe the EHA and the vast membership work together to offer the best insurance program in not only in Nebraska but also nationally. We do this the "Nebraska Way" through cooperation and working together for the good of our members.

If your school district is interested in scheduling a meeting and discussing topics related to the EHA, please contact me at (402) 440-1358 or at greg@ehaplan.org to schedule a meeting. □

EHA Inflation Again Below National Average!

A recent national survey of 65 insurers conducted by Wells Fargo reveals rising health care claim trends in 2015 and 2016. This survey concludes an average trend of 7.9 percent in 2015 and a projected trend of 8.7 percent for 2016, for plans similar to the EHA (PPO plans). The EHA trends in recent years and projected through 2016 have been at or below 5.0 percent.

The national increase in health care claim trend will result in a surge in premiums for 2015 and 2016, Wells Fargo has concluded from the

(continued on page 2)

Participating Organizations



Staying Hydrated in the Heat

Summer in Nebraska can mean heat and humidity...which can lead to dehydration. It's important not to wait until you are really thirsty – remember to drink water throughout the day, to stay hydrated. Extreme temperatures dehydrate the body more quickly, making it important to drink water even when you may not feel like it. Take a drink every time you pass a water fountain, and carry your water bottle so you can refill it throughout the day.

What type of water, if any, is best for you? Both tap water and bottled water are equally safe. Public sources of tap water may contain the fluoride that's needed for children 12 and under to help prevent tooth decay in developing teeth.

Also, are you looking for a simple way to lose 10 pounds in a year? Just eat 100 fewer calories than you need every day. That's as easy as drinking a glass of water instead of a can of regular soda or a glass of juice. You'll never miss those 100 calories, and if you increase your activity level, you may lose even more.

The bottom line? Drink water frequently and choose water as your primary beverage...your body will thank you! ☐

Sources: U.S. Department of Health and Human Services, Weight-Control Information Network; Health Promotion Practitioner, Vol. 16, pg. 3, Academy of Nutrition and Dietetics

Greg Long
EHA Field Representative
P.O. Box 82003
Lincoln, NE 68501-2003
1-866-465-1342 Toll Free
402-440-1358 Cell Phone
greg@ehaplan.org
ehaplan.org

EHA Inflation Again Below National Average!
(continued from page 1)

survey. In contrast to this, the EHA will have a low 1.9 percent premium increase for all EHA benefit plans for the 2015-16 Plan Year.

The continued favorable experience of the EHA plan is why EHA is able to have such a low premium increase and again this year have premium rate stability for its members.

To read the Wells Fargo Survey please go to www.ehaplan.org and click on the following link:

<https://wfs.wellsfargo.com/newsroom/pressreleases/Pages/Survey-Despite-low-inflation-health-care-premiums-to-surge-in-2016.aspx> ☐

Weigh Less for Life

Sounds like a good plan, right? The problem? We're not quite sure how to do that! It seems that everyone has a solution for losing weight quickly and it's hard to sort through the latest exercise fads and gimmicks. The EHA Wellness Program can help. The upcoming program, *Weigh Less for Life*, is based on the book by the same name by reputable author and physician, Dr. Ann Kulze.

According to a recent article published in JAMA, there have been no significant changes in obesity prevalence in youth or adults between 2003-2004 and 2011-2012. Maintaining a healthy weight for life can be challenging – we all

lead busy lives and even our best intentions to eat well and exercise can get sidetracked. In her book, Dr. Ann provides you 21 simple, straightforward, and achievable practices necessary to help you lose weight for life. *Weigh Less for Life* is a comprehensive strategy of scientifically proven eating tips and lifestyle choices that provide you with effective ways to rein in your appetite and ultimately eat less.

Each of the 21 strategies is easy to understand and entirely achievable. In fact, each of the strategies set forth in this book follows one of three proven weight-loss paths to improve appetite control and promote satiety, to help you

alter your food environments and create new routines for mealtimes.

If your school/group is already participating in the EHA Wellness Program, you can sign up today for Weigh Less for Life by going to www.ehawellness.org and entering your EHA code. Once you register, you'll receive the *Weigh Less for Life* book and you'll be set when the program starts August 1. If your group isn't participating, contact us at office@ehawellness.org or call (402) 614-0491 and we'll get you started. Don't wait – EHA Wellness can help you on your path to better health! ☐