

CommunityOptions



The Community Health Options Newsletter

Message from the CEO

Solid First Quarter Results

Our overall first quarter 2017 results showed progress and continuing momentum toward meeting 2017 and 2018 plan goals. Here are some facts worth noting:

- A positive net income of \$3.7 million was reported for the period ending March 30th.
- Membership composition was 76.1% individual, 22.0% small group and 1.9% large group.
- Over \$56 million was paid to hospitals and doctors for medical claims during the quarter, and overall claims payments were consistent with the 2017 plan.

Having turned the corner financially and with the deficits of the last two years behind us, we're pleased that we are open for enrollment throughout the year, an indication of our renewed stability. As one of the more than 150 non-profit health plans in the United States with at least 40,000 fully-insured enrollees, we at Community Health Options maintain our commitment to improving the health of our Members and to achieving longer term goal of reducing the costs of coverage. We continue to make investments in our mission-based approach to health insurance that works for you, our Member.

Kevin Lewis

2016 Annual Report

Every year Community Health Options provides a report to the communities we serve. The resulting document is not only a retrospective look, but also a forward-looking blueprint for the succeeding year's programs and services aimed at changing the landscape of health insurance, transforming the healthcare experience, and expanding access to needed care for the people we serve in Maine.

[Click here](#) to view the **2016 Annual Report**.

What's New?

Tyler Tyburski Honored by Local Chamber

Community and business leaders from the Lewiston-Auburn area honored 40 of Lewiston -

Auburn's rising professionals at the Annual 40 Under 40 Dinner sponsored by Uplift LA. Uplift LA is an affiliate of the Lewiston-Auburn Metropolitan Chamber of Commerce united around attracting and retaining young people in Maine and highlights what makes living and working in Lewiston Auburn so fantastic. Among this year's honorees was Health Options' own Tyler Tyburski. Tyler Tyburski, RN, is a Lead Care Manager at Community Health Options.

Tyler's supervisor noted, "I have observed that he leads by example and inspires others through his actions. He is passionate about health and wellness yet refreshingly pragmatic, resourceful, and creative in his approach.

Tyler built our National Committee for Quality and Accreditation (NCQA)-compliant disease management program from scratch. He enthusiastically embraced this opportunity with a strong working knowledge of chronic condition self-management strategies, and he employs a person-centered approach using engagement strategies that honor individual needs and preferences.

Tyler is an influential leader on Health Options' Wellness Committee. He continuously researches the literature, looking for cutting-edge strategies to engage our Members in self-directed, effective chronic condition management and healthy lifestyle choices.

Tyler's natural curiosity and innovative approach to wellness program development extends beyond episodic wellness challenges. He is an active contributor to Health Plan benefit design. Tyler is the liaison to our 24/7 Nurse Helpline and our health literature partner. He contributed to our Health Risk Appraisal that uses a consumer-centered approach in eliciting information and conveying feedback to respondents. He champions many wellness initiatives for our own employees and for all Health Options Members across the state of Maine, including but not limited to tobacco cessation programs, weight management support, cancer screening, and patient safety-medication adherence initiatives.

Tyler was instrumental in developing a wellness challenge that inspired individuals to nurture their emotional and spiritual well-being during the winter holiday season, taking it beyond the typical 'physical activity' challenge. His contributions to numerous health initiatives and wellness campaigns significantly contributed to Health Options' receiving the Maine Psychological Association's Psychologically Healthy Workplace Award and a Best Places to Work in ME Award.

He closely collaborates with an interdisciplinary team within and beyond our organization. Tyler has volunteered for the Dempsey Challenge and for targeted CMMC and St. Mary's wellness events. He is an active participant in nearby Oxford County as Committee Member of the Oxford Wellness Collaboration Healthcare access work group. While contributing his expertise to this initiative he is also enhancing his potential as a health and wellness leader by increasing his understanding of how collective impact can be leveraged in our work in Androscoggin County and beyond."

Congratulations Tyler!

Rx Savings Solutions - Friendly Reminder

If you haven't already done so, register with Rx Savings Solutions and start saving on your prescription medications.

Community Health Options has partnered with Rx Savings Solutions to provide you with a no-cost benefit that helps you and your family save money on prescription medications. Rx Savings Solutions will also work with your physician and local pharmacy to ensure that you receive the most affordable access to medications.

Even if you think you are paying the lowest price available, logging into our portal will allow you to see if any additional savings exist on your current medications. Rx Savings Solutions will send you alerts via text or email when you have opportunities to save on your prescription costs.

To take advantage of the savings, follow these simple steps:

1. Register your account:

Log into your Member portal and create your account. Once you've logged on, you can adjust your preferences for text and email notifications by clicking "PROFILE" in the side navigation panel.

2. Review your available savings options:

Any existing medications will be displayed and Rx Savings Solutions will provide you with all possible clinical and financial alternatives to maximize your savings. You can also use the search feature to view different medications and any associated savings.

3. Start saving on prescriptions:

If savings are identified, you'll receive personalized savings alerts via text or email (based on your consent and the alert settings you select). With this information, you have the power to make more cost-effective choices.

Community Health Options Files 2018 Rates

Our 2018 rate filings for the individual market reflect the costs of a smaller and more expensive risk pool anticipated due to the lack of enforcement of the requirement to obtain coverage. The departure of healthier lives from the risk pool drives up the per capita costs of coverage for the remainder of the market. This factor alone accounts for over three quarters of the average 19.6% increase proposed on the individual market for 2018.

Conversely, the average increase in our small group market rate proposal for 2018 is 7.8%. Despite the increase on the individual market, premium subsidies should greatly offset the impact so that the majority of people gaining coverage through the Marketplace won't feel the full effects of the higher premium pricing.

It is important to note the proposed rates from this initial filing are subject to further review and revision prior to final approvals from the Maine Bureau of Insurance and the Center for Medicare and Medicaid Services.

Prevention and Patient Safety

Important Information About Lyme Disease

Although it is difficult to make predictions on the severity of ticks in a given season, it does appear that Maine is experiencing a year of above average tick numbers. Regardless of how abundant they are, ticks are always a concern and people should take the proper precautions to protect themselves when outdoors.

The Maine CDC reviews some preventative steps that you can take regarding tick borne illness, so we thought we'd share it with you.

[Prevention of Tick-Borne Disease](#)

You can find additional resources in your Health Options Member portal. Simply log into your Member portal, select "Healthy Options" and type "Lyme disease" in the search bar.

Stay Connected

