

**SISC III
HEALTH BENEFITS PROGRAM
BOARD OF DIRECTORS MEETING
NOVEMBER 19, 2008 - 1:00 P.M.**

A G E N D A

I. CONSENT CALENDAR

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| A. | Approval of Minutes for October 2008 Board of Directors Meeting | John Stenerson |
| B. | Report of Activity for the Month of October 2008 and ratification of payment as follows: | John Stenerson |

DELTA DENTAL CLAIMS	4,989,137.73	
SISC ASO	327,287.43	
DENTAL COALITION CLAIMS	822,373.38	
DENTAL COALITION ASO	53,947.70	
DELTACARE/PMI PREMIUM	4,267.20	
TOTAL DENTAL		\$6,197,013.44
VISION SERVICE CLAIMS	689,477.10	
VSP ASO	91,034.54	
MES CLAIMS	43,417.07	
MES ASO	5,105.97	
TOTAL VISION		\$829,034.68
AETNA - HMO	566,846.22	
AETNA - FULLY INSURED PPO	23,618.59	
PACIFICARE/BEHAV HEALTH	479,882.97	
CIGNA BEHAV. HEALTH (MCC SLECT)	16,654.93	
SENIOR ADVANTAGE PREM (KAISER)	39,581.55	
SENIORITY PLUS PREM (HEALTHNET)	42,675.12	
BLUE SHIELD HMO PREMIUM	836,123.62	
BLUE SHIELD FULLY INSURED PPO	23,142.00	
HEALTH NET PREMIUM	1,847,810.17	
CALIFORNIA CARE PREMIUM	956,648.80	
KAISER PREMIUM	2,854,325.36	
UNITED HEALTHCARE (FORMERLY PACIFIC UNION DENTAL)	1,631.32	
MUTUAL OF OMAHA (LIFE)	125,634.81	
VISTA (STOP LOSS)	47,120.00	
BLUE CROSS HEALTH CLAIMS	39,753,193.63	
BLUE SHIELD HEALTH CLAIMS	3,781,544.72	
BEHAVIORAL HEALTH CLAIMS	441,574.46	
ITS CLAIMS	1,291,323.26	
COMPANION CARE CLAIMS	238,006.82	
TOTAL BLUE CROSS AND BLUE SHIELD CLAIMS		\$45,505,642.89

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BLUE CROSS NETWORK ASO	1,310,139.62	
FOUNDATION ADJUDICATION ASO	564,651.36	
BLUE SHIELD ASO	169,971.56	
BEHAVIORAL HEALTH ASO	160,269.56	
ITS ASO	91,972.93	
COMPANION CARE ASO	39,944.89	
TOTAL BLUE CROSS AND BLUE SHIELD ADMIN.		\$2,336,949.92
TOTAL BLUE CROSS AND BLUE SHIELD		\$47,842,592.81
MERCK CLAIMS	14,870,621.62	
ASO-COPAY	447,036.24	
CLAIMS - DISCOUNT CARD	84,085.79	
ASO - DISCOUNT CARD	3,252.56	
CLAIMS - MEDICARE PART D	556,877.10	
ASO - MEDICARE PART D	23,566.27	
AHC - CLAIMS	1,932,650.29	
AHC - ASO	82,447.90	
TOTAL RX CLAIMS		\$18,000,537.77
TOTAL BC, BSC AND RX		\$65,843,130.58

II. PUBLIC COMMENT

III. ACTION ITEMS

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| A. Financial Report - Financial Statements For Prior Month Presented For Approval | Cindy Mattern |
| B. Request Approval of the 2007-2008 GASB 45 Audit | Cindy Mattern |

IV. DISCUSSION AND INFORMATION ITEMS

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|---|--|
| A. Show the Monthly SISC PPO Trend Factor for October 2008 | John Stenerson |
| B. Show the Board an Article on How I.T. will Effect the Future Delivery of Health Care | John Stenerson |
| C. Show the Board a Press Release from the Department of Managed Health Care on Balance Billing | John Stenerson |
| D. Show the Board an Article regarding an Interview with Lloyd Dean | John Stenerson |
| E. Show the Board an Article on the Obama Health Care Plan | John Stenerson |
| F. Update the Board on SISC's Wellness Program | John Stenerson |
| G. Discuss the "Dispense As Written" Program that Became Effective October 1, 2008 | John Stenerson |
| H. Comments from the Board of Directors Will Be Heard | |
| I. Adjournment | |
| J. Next Meeting: | Wednesday, December 17, 2008
1:00 p.m.
SISC Board Room - City Centre |

SISC III HEALTH BENEFITS TERMINOLOGY

Adjudication: Determination of the amount of payment for a claim.

Administrative Services Only (ASO): An arrangement under which an insurance carrier or an independent organization will, for a fee, handle the administration of claims, benefits and other administrative functions for a self-insured group but does not assume any financial risk for the payment of benefits.

Adverse Events/Never Events: Accidents that happen in hospitals that are considered preventable.

Balance bill: Refers to the leftover sum that a provider bills to the patient after insurance has only partially paid the charge that was initially billed.

Best of Both Worlds Service: An American board-certified surgeon(s) travels with the patient to perform procedures overseas.

Calendar Year Deductible: The dollar amount for covered services that must be paid during the calendar year (January 1 – December 31) by members before any benefits are paid by the Plan.

Centers of Expertise (COE) Network: The network of health care providers that have entered into contracts with the carrier and/or one or more of its affiliates. These providers have agreed to participate in a transplant program or other designated specialty program that is/are to be based upon the member's benefit agreements.

Coinsurance: An arrangement under which the member pays a fixed percentage of the cost of medical care after the deductible has been paid. For example, an insurance plan might pay 80% of the allowable charge, with the member responsible for the remaining 20%, which is then referred to as the coinsurance amount.

Coinsurance Maximum: The total amount of coinsurance that an individual pays each year before the carrier pays 100% of allowable charges for covered services. Coinsurance amounts differ with each contract.

Condition Care: Helps promote and improve the overall health status and quality of life of members and helps promote and/or prevent disease progression and avoid and/or prevent the complications associated with the conditions.

Coordination of Benefits: The anti-duplication provision to limit benefits for multiple group health insurance in a particular case to 100% of the covered charges and to designate the order in which the multiple carriers are to pay benefits. Under a COB provision, one Plan is determined to be primary and its benefits are applied to the claim. The unpaid balance is usually paid by the secondary Plan to the limit of its liability.

Co-Payment: The fixed dollar amount a patient pays for a medical service.

Deductible: An amount the covered person must pay before payments for covered services begin. The deductible is usually a fixed amount. For example, an insurance plan might require the insured to pay the first \$250 of covered expense during a calendar year.

Dependent: Person, (spouse or child), other than the subscriber who is covered under the subscriber's benefit certificate.

Employee Assistance Program (EAP): A worksite-based program that is designed to assist in the identification and resolution of productivity problems associated with personal concerns of employees. The program provides employees and their dependents with access to confidential, short-term counseling by qualified practitioners, in person or over the phone.

Explanation of Benefits (EOB): A form sent to the covered person after a claim for payment has been processed by the carrier that explains the action taken on that claim. This explanation might include the amount that will be paid, the benefits available, reasons for denying payment, or the claims appeal process.

Flexible Spending Account: Accounts that let workers set aside pre-tax money from their paycheck toward premiums or costs not covered by their health plan, such as co-payments. All the money must be used within the plan year or it is lost.

Health Assessment – More companies are asking workers to fill out such assessments, which give health improvement tips. Companies can give workers financial incentives to do so.

Health Insurance Portability and Accountability Act (HIPAA): A federal health benefits law passed in 1996, effective July 1, 1997, which among other things, restricts pre-existing condition exclusion periods to ensure portability of health-care coverage between plans, group and individual; requires guaranteed issue and renewal of insurance coverage; prohibits plans from charging individuals higher premiums, co-payments, and/or deductibles based on health status.

Health Maintenance Organization (HMO): An organization that provides a wide range of comprehensive health care services for a specified group at a fixed periodic payment; a prepaid health care plan under which people may enroll by paying a set annual fee. Members then receive all the medical services they need through a group of contracting doctors and hospitals, often with no additional co-payments or fees. Members are generally limited to using providers designated by the HMO.

Health Savings Account: The accounts are paired with a high deductible. Employees can fund these accounts, tax-free, to help offset the deductible. Employers can also fund such plans. Money not used within the plan year is rolled over to the next year.

ID Card/Identification Card: A card issued by a carrier to a covered person, which allows the individual to identify himself or his covered dependents to a provider for health care services. The card is subsequently used by the provider to determine benefit levels and to prepare billing statement.

IBNR: An acronym for "incurred but not reported". This is an accounting estimate used by health plans to accrue for care that was provided "incurred" in one accounting period, but not paid or "reported" until another accounting period.

In-Network: Refers to the use of providers who participate in the carrier's provider network. Many benefit plans encourage covered persons to use participating (in-network) providers to reduce the individual's out of pocket expense.

Lifetime Maximum: Maximum amount the plan will pay toward a member's coverage in a lifetime.

Medical Tourism: To have medical care outside the United States.

Medigap: A private insurance policy purchased by many of the elderly to pay for expenses not covered by Medicare.

Negotiated Rate: The amount participating providers agree to accept as payment in full for covered services. It is usually lower than their normal charge. Negotiated rates are determined by Participating Provider Agreements.

Open Enrollment: For employers with a dual or multiple choice of health plans, the annual time period in which employees can select among the plans offered.

Out-Of-Network: The use of health care providers who have not contracted with the carrier to provide services. HMO members are generally not reimbursed if they go out-of-network except in emergency situations. Covered persons of preferred provider organizations and HMOs with point-of-service options may go out-of-network, but must pay additional costs including deductibles and co-insurance.

Participating Provider: A physician, hospital, pharmacy, laboratory or other appropriately licensed provider of health care services or supplies, that has entered into an agreement with a managed care entity to provide such services or supplies to a patient enrolled in a health benefit plan.

Pre-Authorization: A procedure used to review and assess the medical necessity and appropriateness of elective hospital admissions and non-emergency outpatient services before the services are provided.

Preferred Provider Organization (PPO): A type of managed care organization that has a panel of preferred providers who are paid according to a discounted fee schedule. The enrollees do have the option to go to out-of-network providers at a higher level of cost sharing.

Reasonable and Customary: The amount customarily charged for the service by other physicians in the area (often defined as a specific percentile of all charges in the community) and the reasonable cost of services for a given patient after medical review of the case. Also known as Usual and Customary (U&C) or Customary and Reasonable (C&R).

Skilled Nursing Facility: An institution (or a distinct part of an institution) that is primarily engaged in providing skilled nursing care and related services for patients who require medical care, nursing care or rehabilitation services.

Subscriber: The individual in whose name a contract is issued or the employee covered under an employer's group health contract.

Transparency. With regard to medical care it means: The ability for patients to have easy access to understandable information about the cost and quality of their health care options. They should be able to obtain this information from their health plan and medical providers prior to the time of treatment.

SISC III
INFORMATION ITEMS
NOVEMBER 19, 2008

- A. **Monthly SISC PPO Trend Factor for October 2008.** The SISC PPO monthly trend factor for the month of October 2008 will be presented.

- B. **Show the Board an Article on How I.T. will Effect the Future Delivery of Health Care.** The attached article from the Wall Street Journal discusses four major ways the author believes I.T. will revolutionize health care in the future.

- C. **Show the Board a Press Release from the Department of Managed Health Care.** The enclosed press release from the Department of Managed Health Care has finalized new regulations to restrict the practice of balance billing in emergency settings. However, the doctors and hospitals are suing and it will have to work through litigation.

- D. **Show the Board an Article regarding an Interview with Lloyd Dean.** Lloyd Dean is the CEO of Catholic Healthcare West. On pages 4-5 universal health care is discussed. With the understanding that universal health care is not the same as a single payor system, this is probably the direction health care in the U.S. is going. I don't know how much it will solve the overall problem but it might take many dependents that are now primary on a SISC plan off, and lower SISC premiums.

- E. **Show the Board an Article on the Obama Health Care Plan.** John Stenerson will discuss this article at the Board Meeting.

- F. **Update the Board on SISC's Wellness Program.** Our program "Health Smarts" has three components. We rolled out the Condition Management part last September and are in the process of rolling out the Health Screening and Health Assessment parts.

- G. **Discuss the Dispense As Written Program that Became Effective October 1, 2008.** John Stenerson will discuss this with the Board.

- H. **Comments from the Board of Directors Will Be Heard.**