Navigating Health Insurance

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Where We Get Health Insurance

- Insurance Company
- Government: Medicare, Medicaid, Military, IHS, High Risk Pools, etc.
- Employer
Health Insurance Terms

Cost to Have Health Insurance
- Premium – each month

Costs When You Use Your Health Insurance
- Deductible – each year (fixed $ amount)
- Co-Payment – each time you get care (fixed $ amount)
- Co-Insurance or Cost-Share – each time you get care (%)
- Out-of-Pocket Maximum* =
  
  \[ \text{deductible + co-payments + co-insurance} \]
  
  *usually only for in-network services

Case Study: Dan

Dan’s Plan:  
- Deductible = $2,000
- Co-insurance = 80/20 plan
- OOP Max = $8,000

If Dan 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% of $100,000 = $20,000

But OOP max is $8,000. So, he would only pay the $2,000 deductible + $6,000 of the $20,000 co-insurance amount, for a total of $8,000.
Health Insurance Rights (after 1/1/14)

1. Premium Rating
   • Individual vs. Family Plan
   • Geographic Location (Ex: LA has 8 regions)
   • Age (64 can only be charged 3 times more than a 21 year old)
   • Tobacco (some states have eliminated this – CA, DC, etc.)

2. No Pre-Existing Condition Denials/Exclusions
   • Insurance companies cannot look at:
     • Pre-existing condition (physical or mental) or health history
     • Gender or age

Health Insurance Appeals

• Denials of coverage (aka “adverse benefit determination (ABD))
  – Internal appeals (ERISA – employer plans)
  – External appeals (ACA and/or state law – all private plans)
    • AKA: Independent or External Medical Review
    • Conducted by an independent medical review organization (IRMO) or independent review entity (IRE*)
    • State Health Insurance Agency
      – Triagecancer.org/StateResources

If your health plan denies treatment apply for an Independent Medical Review (IMR)

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• As of 1/1/14, ACA requires most private insurance to cover “routine” costs for approved clinical trials*

• State laws may be better: [https://TriageCancer.org/statelaws](https://TriageCancer.org/statelaws)

• **BREAKING NEWS:** Medicaid

• Medicare, TRICARE, & VA also cover routine costs

*Does not apply to grandfathered plans
State Health Insurance Marketplaces – Now Reopened!

- “Exchanges” = insurance shopping mall
- Benefits:
  - Cap on OOP max: $8,550 individual / $17,100 family (2021)
  - Financial help
    - Premium tax credits
    - Cost-sharing subsidies (aka “reduction”)
- HealthCare.gov reopened 2/15-5/15, see: TriageCancer.org/blog

Comparing Plan Options

- Employer Plan
- Marketplace Plan
- Medicare Plan

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## Do the Math!

<table>
<thead>
<tr>
<th>Plan</th>
<th>Monthly Premium</th>
<th>Deductible</th>
<th>Out-of-pocket Maximum</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bronze</td>
<td>$173</td>
<td>$6,000</td>
<td>$6,000</td>
</tr>
<tr>
<td>Silver</td>
<td>$271</td>
<td>$2,500</td>
<td>$5,200</td>
</tr>
<tr>
<td>Platinum</td>
<td>$398</td>
<td>$0</td>
<td>$1,150</td>
</tr>
</tbody>
</table>

### The Math Matters!

Total potential costs for year = 12 months of premiums + OOP max

1. $173x12 = $2,076
   + OOP = $6,000
   Total = $8,076

2. $271x12 = $3,252
   + OOP = $5,200
   Total = $8,452

3. $398x12 = $4,776
   + OOP = $1,150
   Total = $5,926
What are the differences between plans?

• Cost
  – Premium, Out of Pocket, Co-Pay, Deductibles, 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?

Triage Cancer Free Resources

• TriageCancer.org
• Educational Events
  • Triage Cancer Conference: 5/15
  • Live & Recorded Webinars
• Resources by Topic
• Quick Guides & Checklists
• State Resources & Chart of State Laws
Triage Cancer Animated Videos

https://TriageCancer.org/AnimatedVideos

Health Insurance:
- Health Insurance Basics
- Picking A Health Insurance Plan
- Options When Losing Insurance at Work
- How to Find & Pay for Clinical Trials
- When an Insurance Company Says No
- Managing Medical Bills

Work:
- Dealing with Side Effects at Work
- Taking Time Off & Paying For It
- Supporting Caregivers

Cancer Survivorship:
- Cancer Survivorship Care Plans

Estate Planning:
- Planning Ahead ~ Practical Things to Think About
- Planning Ahead ~ Documenting Your Wishes
- Planning Ahead ~ Financial & Medical Decision Making

English & Spanish versions; with Tagalog subtitles

Topics include:
- Health Insurance
- Disability Insurance
- Education Rights
- Employment
- Financial Assistance Resources
  – Think Broadly!
- Estate Planning
- Life Insurance
- Family Building
- Clinical Trials
- Caregiving
- COVID-19
- Managing Finances
- Understanding Genetics
- Prescription Drug Assistance

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CANCER FINANCES
A Toolkit for Navigating Finances After Cancer

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