Cancer is Expensive

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Triage Cancer

Triage Cancer provides education and resources on the entire continuum of cancer survivorship issues

- Speakers Bureau of experts & survivors
- Educational blog at TriageCancer.org/blog
- Resources & materials at TriageCancer.org
- Expert authors on cancer survivorship issues
- Seminars, teleconferences, webinars, & conferences
- Cancer survivorship event planning & support

Triage Cancer partners with experts in the areas of medicine, mental health, nursing, social work, patient navigation, nutrition, oncology, law, employment, education, financial management, insurance, relationships, sexuality and intimacy, pain and palliative care, advocacy, and other areas of cancer survivorship.

Financial Factors

- Employment Changes
  - To work or not to work
  - Disability Insurance
- Life Changes
  - Marriage/divorce, moving, graduating from school, etc.
- Health Insurance Status
  - Medical Bills
  - Consumer Protections
Taking Stock of Your Finances

Reassess Your Financial Plan

• What is the current status of your finances?
• Did you need to take time off for treatment?
• Are you back at work?
• Same job or type of work?
  Or because of side effects do you need to look for another career path?
• Do you have a stable income?

Reassess Your Financial Plan

• What are your recurring and potential expenses?
• What assets do you have?
• What secured and unsecured debt do you have?
Your Credit

- Check your credit score and report
  - Credit Score: 280-850
  - Annual free credit report
    - www.annualcreditreport.com or 877-322-8228

- Ask
  - Is the information correct?
    - Equifax — www.equifax.com/CreditReportAssistance
    - Experian — www.experian.com/dispute
    - TransUnion — www.transunion.com/dispute
  - Are there items that you weren’t aware of or don’t remember?
  - How old is the most damaging info?

Your Credit: An Update

- FICO© 9
  - Distinguishing between medical debt and other debt
  - Less emphasis on unpaid medical debt
  - Won’t consider debt paid in full
  - More info at www.myFICO.com

Create a Budget

- Include ALL info
  - Income
    - Wages from primary job
    - Other earnings and sources of income (e.g., interest)
    - Child support and/or alimony
  - Expenses
    - Housing: Mortgage/rent; Property taxes/association fees; maintenance costs
    - Food and groceries
    - Savings and investment contributions
    - Utilities: gas; electricity; water; sewer; trash pick up
    - Child care and child support expenses
    - Vehicle expenses
    - Debt: Loans; Credit cards
    - Personal needs: Clothing; Memberships; Personal care, Entertainment, recreation and hobby expenses
    - Medical: Insurance, estimated future medical bills, transportation
  - Do it yourself: free online templates; software
Create a Budget

- Talk with a financial planner
- Contact consumer credit counseling agency

Be aware:
Some solutions
May negatively affect your credit

Purchasing Adequate Insurance

Patient Protection and Affordable Care Act (ACA)

Health Insurance Terms

Cost to Have Health Insurance
- Premium – each month

Costs When You Use Your Health Insurance
- Deductible – each year
- Co-Payment – each time you get care
- Co-Insurance or Cost-Share – each time you get care
- Out-of-Pocket Maximum = deductible + co-payments + co-insurance
1. No rescissions (cancellations)
2. No lifetime or annual limits
3. Young adults can stay on parent’s plan until 26
4. Clinical trials coverage
   • Routine care costs as of 1/1/14
   • Existing law in many states

5. Free preventative care*
   • No co-pays, co-insurance, or deductibles
   • Ex: immunizations, blood pressure, diabetes, cholesterol, cancer screenings
   • USPSTF Rated A/B (+ Mammography for women over 40)
   • www.healthcare.gov/what-are-my-preventive-care-benefit
   • Colonoscopies AND removal of polyps
   • BRCA genetic screening AND testing

* Does not apply to grandfathered plans

1. Premium Rating
   • Individual or Family Plan
   • Geographic Location (Ex: IL has 13 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
New Requirement to Have Health Insurance

Most U.S. citizens & lawfully present must have health insurance.

What coverage counts?

- Employer or Individual Plans
- COBRA/HIPAA Plans
- Medicare, Medicaid, Veterans Health
- High Risk Pools, & others

How much is the penalty?

<table>
<thead>
<tr>
<th>Year</th>
<th>Adult Penalty</th>
<th>Child Penalty</th>
<th>Family Max</th>
<th>% of income, whichever is more</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>$95</td>
<td>$47.50</td>
<td>$285</td>
<td>1%</td>
</tr>
<tr>
<td>2015</td>
<td>$325</td>
<td>$162.50</td>
<td>$975</td>
<td>2%</td>
</tr>
<tr>
<td>2016</td>
<td>$695</td>
<td>$347.50</td>
<td>$2,085</td>
<td>2.5%</td>
</tr>
</tbody>
</table>

Fine collected through IRS annual taxes

Who Doesn’t Need to Purchase Health Insurance?

- If cheapest plan costs more than 8% of household income
- Taxpayers with incomes below $10,300 (individual under 65-2016)
- Members of Indian tribes and health care sharing ministries
- Members of recognized religious sects with religious objections
- Individuals who are not lawfully present or incarcerated

New Requirement To Have Health Insurance

- Can have 1 gap up to 3 months during the year
- Lines up with 90 day waiting period for employer health insurance
- Penalty is per month: only pay 1/12 of yearly penalty for each month you’re uninsured

Financial Hardship Exception

- You were determined ineligible for Medicaid because your state didn’t expand eligibility for Medicaid under the Affordable Care Act
- Your individual insurance plan was cancelled and you believe other Marketplace plans are unaffordable
- You filed for bankruptcy in the last 6 months
- You had medical expenses you couldn’t pay in the last 24 months
- You experienced unexpected increases in necessary expenses due to caring for an ill, disabled, or aging family member
- You were homeless, were evicted in the past 6 months, or were facing eviction or foreclosure
- You received a shut-off notice from a utility company
- You recently experienced the death of a close family member
New Requirement To Have Health Insurance

Financial Hardship Exception
- You recently experienced domestic violence
- You experienced a fire, flood, or other natural or human-caused disaster that caused substantial damage to your property
- You expect to claim a child as a tax dependent who’s been denied coverage in Medicaid and CHIP, and another person is required by court order to give medical support to the child. In this case, you do not have to pay the penalty for the child
- As a result of an eligibility appeals decision, you’re eligible for enrollment in a qualified health plan (QHP) through the Marketplace, lower costs on your monthly premiums, or cost-sharing reductions for a time period when you weren’t enrolled in a QHP through the Marketplace
- You experienced another hardship in obtaining health insurance

ACA’s New Health Insurance Options

New Health Insurance Options - #1

Medicaid Expansion
- New category of eligibility:
  - Adults with household income under 138% of the federal poverty level
  - No asset/resource test

<table>
<thead>
<tr>
<th>Household Size</th>
<th>138%*</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$16,394</td>
</tr>
<tr>
<td>2</td>
<td>22,107</td>
</tr>
<tr>
<td>3</td>
<td>27,820</td>
</tr>
<tr>
<td>4</td>
<td>33,534</td>
</tr>
<tr>
<td>5</td>
<td>39,247</td>
</tr>
<tr>
<td>6</td>
<td>44,960</td>
</tr>
</tbody>
</table>

*Except Hawaii & Alaska
State Medicaid Expansion in 2016

<table>
<thead>
<tr>
<th>Expanded</th>
<th>Under Discussion</th>
<th>Not Expanded</th>
</tr>
</thead>
<tbody>
<tr>
<td>31</td>
<td>3</td>
<td>17</td>
</tr>
</tbody>
</table>

AK, AR, AZ, CA, CO, CT, DC, DE, HI, IA, IL, IN, KY, MA, MD, MI, MN, MT, ND, NH, NJ, NM, NV, NY, OH, OR, PA, RI, VT, WA, WV

LA Gov EO – 7/1 start
NE Leg proposal
SD Gov proposal
VA Gov proposal
AK, KY, AR may eliminate the new option
AL, FL, GA, ID, KS, ME, MO, MS, NC, NE, OK, SC, TN, TX, UT, WI, WY

Updated: 2/24/2016 (information changes frequently, please check for updates)
1 MI expansion began 4/1/14, 2 PA expansion began 1/1/15, 3 NH expansion begins 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

NEW HEALTH INSURANCE OPTION #2

State Health Insurance Marketplaces

- “Exchanges”
- An insurance shopping mall
- “I have an Obamacare plan”

Helping You Buy Health Insurance

- Premium tax credits:
  - Lowers your monthly premium
  - Can’t get if you choose a catastrophic plan
  - Generally only applies to plans in the exchange!

- Cost-sharing subsidies:
  - Lowers your deductible, co-pays, & co-insurance amounts
  - Only available if you purchase Silver Plans
Cancer is Expensive

April 2, 2016

States Expanding Medicaid

<table>
<thead>
<tr>
<th>Household Size</th>
<th>100% (FPL)</th>
<th>138% (FPL)</th>
<th>200% (FPL)</th>
<th>250% (FPL)</th>
<th>400% (FPL)</th>
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<tbody>
<tr>
<td>1</td>
<td>$11,880</td>
<td>$16,394</td>
<td>$23,540</td>
<td>$29,540</td>
<td>$47,080</td>
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<tr>
<td>2</td>
<td>16,020</td>
<td>22,107</td>
<td>31,860</td>
<td>39,825</td>
<td>63,720</td>
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<tr>
<td>3</td>
<td>20,160</td>
<td>27,820</td>
<td>40,180</td>
<td>50,225</td>
<td>80,360</td>
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<tr>
<td>4</td>
<td>24,300</td>
<td>33,634</td>
<td>48,500</td>
<td>60,625</td>
<td>97,000</td>
</tr>
<tr>
<td>5</td>
<td>28,440</td>
<td>39,247</td>
<td>56,820</td>
<td>71,025</td>
<td>113,600</td>
</tr>
<tr>
<td>6</td>
<td>32,580</td>
<td>44,960</td>
<td>65,140</td>
<td>81,425</td>
<td>130,280</td>
</tr>
</tbody>
</table>

Example: Impact of Premium Tax Credits

<table>
<thead>
<tr>
<th>Age</th>
<th>Metal</th>
<th>FPL</th>
<th>Tax credit?</th>
<th>Plan</th>
<th>Monthly Premium</th>
</tr>
</thead>
<tbody>
<tr>
<td>40</td>
<td>Silver</td>
<td>&gt;400%</td>
<td>No</td>
<td>HealthNet HMO</td>
<td>$242</td>
</tr>
<tr>
<td>40</td>
<td>Silver</td>
<td>300%</td>
<td>Yes</td>
<td>HealthNet HMO</td>
<td>$103</td>
</tr>
<tr>
<td>40</td>
<td>Silver</td>
<td>250%</td>
<td>Yes</td>
<td>HealthNet HMO</td>
<td>$40</td>
</tr>
</tbody>
</table>

State Health Insurance Marketplaces 2016

<table>
<thead>
<tr>
<th>State Marketplace</th>
<th>Federally-Facilitated Marketplace</th>
<th>Federally-Supported Marketplace</th>
<th>State-Partnership Marketplace</th>
</tr>
</thead>
<tbody>
<tr>
<td>CA, CO, CT, DC, ID, KY, MA, MD, MN, NY, RI, VT, WA</td>
<td>AK, AL, AZ, FL, GA, IN, KS, LA, ME, MS, MO, MT, ND, NE, NJ, NC, OH, OK, PA, SC, SD, TN, TX, UT, VA, WI, WY</td>
<td>AR, DE, IA, IL, MI, NH, WV</td>
<td></td>
</tr>
</tbody>
</table>

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Health Insurance Marketplace Plans

1. Standardized cost-share:
   - Catastrophic coverage (under 30 or $ hardship)

2. Highest OOP maximum*: $6,850 individual / $13,700 family

The Math Matters!

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

#1:
- $105x12 = $1,260
- OOP = $5,250
- Total = $6,510

#2:
- $197x12 = $2,364
- OOP = $6,600
- Total = $8,964

#3:
- $279x12 = $3,348
- OOP = $1,000
- Total = $4,348

Checking Your Providers & Drugs
Making the Most of Your Health Insurance

- Using In-network providers
- Paying attention to bills
  - Billed for what you received
  - Preventative services
- Leveraging Out of Pocket Maximums

Health Insurance Example

Your Plan:
- Deductible = $2,000
- Co-insurance = 80/20 plan
- OOP Max = $4,000

If you have a $102,000 hospital bill, what do you pay?
1. Your deductible of $2,000
   $102,000 - $2,000 = $100,000 left
2. Your co-insurance amount of 20%
   20% of $100,000 = $20,000
But OOP max is only $4,000. So, you would only pay your $2,000 deductible + $2,000 of the $20,000 co-insurance amount, for a total of $4,000

Health Insurance Appeals

- Denials of coverage
  - Internal appeals
  - External appeals
  - State Health Insurance Agency
    - www.triagencancer.org/resources/stateresources
  - Ex: clinical trials, experimental, investigational, off label, prescription drugs, imaging tests, etc.
Lowering Bills Before Care

- Negotiate your hospital bill
- Arrange independent lab work
- Shop around for tests
  - www.healthcarebluebook.com
- Group follow-up appointments
- Cheaper/generic medications and treatments
  - Always make sure that you have weighed the benefits and risks of any alternate drugs
Communications Post-treatment

• From your insurance company:
  – We have received a claim
  – We are processing your claim
  – An Explanation of Benefits (EOB)
    • THIS IS NOT A BILL
    • Tips on how to read EOB:
      – http://patients.about.com/od/costsconsumerism/ig/Read-an-EOB

• From your provider:
  – The bill

• Doesn’t always happen in this order!
  – Keep track and communicate with providers

Dealing With Medical Bills

• Review bills for accuracy
  – Don’t be afraid to ask your provider to clarify codes!
    • Medical procedure billing codes: CPT (Current Procedural
    • Medical diagnosis codes: International Classification of Diseases (ICD)
      codes, www.who.int/classifications/apps/icd/icd10online

• Consider professional bill reviewer/medical claims org
  – MedClaims Liaison, www.medclaimsliaison.com
  – CoPatient, Inc.: 35%
  – Chapman Consulting: $350 + 25%

Dealing With Medical Bills

• Create an organizational system
  – e.g., Cancer 101 Planner or LIVESTRONG
  – Survivorship Notebook

• What to keep track of:
  – EOB, bills, pre-authorizations, other communications with your
    insurers, non-reimbursed or outstanding medical and related
    costs
  – Meals, lodging, and travel expenses (including gas & parking)
    related to medical care; long-distance phone calls related to
    medical care
Negotiate!

• Contact creditors (e.g., landlord, student loan companies, healthcare providers) if having trouble paying your bills
  – When:
    • Before unpaid bills sent to collections agencies
  – What:
    • Ask for more time
    • Check to see if they would be willing to write off a portion of your bill, negotiate a payment plan, or accept a lower lump sum payment

Keep records of…

✓ Medical bills from all healthcare providers:
  ✓ Hospital admissions, clinic visits, lab work, diagnostic tests, procedures, treatments
  ✓ Drugs given & prescriptions ordered
  ✓ Claims filed
✓ Payments from insurance companies and explanations of benefits
✓ Any pre-authorizations
✓ Dates, names, and outcomes of any correspondence with insurance companies or providers
✓ Non-reimbursed or outstanding medical and related costs
✓ Meals, lodging and travel expenses (including gas and parking)
✓ Your medical records

*Some of these may be tax-deductible!

Financial Assistance
Disability Insurance Options

- Disability Insurance
  - Private Disability Insurance
    - Purchase through employer
    - Purchase directly from company
- State Disability Insurance
  - Short-term disability benefits
  - CA, NY, NJ, RI, HI, and PR
- Federal Disability Insurance
  - Long-term disability benefits
  - Social Security Disability Insurance (SSDI)
  - Supplemental Security Income (SSI)

Financial Assistance Resources

- Local, state, county & community organizations
- Cancer organizations
  - The Samfund
  - We Believe Foundation
  - Hope for Young Adults with Cancer
  - American Cancer Society
  - CancerCare
- Private programs
  - Patient Services, Inc.
- Fundraising
  - GiveForward
  - GoFundMe

Other sources of income

- Supplemental insurance policies
  - e.g., AFLAC
- Can you adjust your tax deductions?
- Assistance programs from mortgages/credit cards/etc. that suspend payments when you have a disability or lose your job
- Loans from 401k plans/pensions/retirement accounts
- Life insurance loans
- Viaticals (life insurance sales)
Treatment Resources

• Co-Pay Assistance Programs
  – CancerCare Co-Payment Assistance Foundation, (866) 552-6729, www.cancercarecopay.org
  – Patient Advocate Foundation, www.patientadvocate.org

• Prescription Drug Assistance
  – RxHope, www.RxHope.org

Rebuild Your Credit

• Credit Cards
  – Pay at least minimum due on time
  – Keep balances less than 30% of limit (e.g., $10,000 limit — max balance of $3,000)
  – Be careful when considering paying medical bills by credit card

• Show Fiscal Responsibility
  – File taxes
  – Pay down bills w/ highest interest rates first
  – Secured credit cards
  – Build savings
  – Retirement

Triagecancer.org/blog
**Cancer is Expensive**

**April 2, 2016**

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### Triage Cancer Resource Pages

- Quick Guides
  - To Bankruptcy
  - Disability Insurance
  - Health Insurance
- State Contact Information
- Links to Partner Publications

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### Employment Issues

**Midwest Work & Cancer**

April 8, 2016
Hotel Chicago
333 North Dearborn, Chicago, IL 60654
(Free parking for conference attendees.)


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### Additional Resources

**Health Insurance Options:**

**Employment Rights:**
- U.S. Department of Labor (DOEBA): [www.dol.gov/EBSA](http://www.dol.gov/EBSA)
- U.S. Department of Labor (FMLA): [www.DOL.gov/WHD](http://www.DOL.gov/WHD)

**Disability Insurance Options:**
- Social Security Administration: [www.SSA.gov](http://www.SSA.gov)

**Legal Assistance:**
- National Cancer Legal Services Network: [www.NCLSN.org](http://www.NCLSN.org)
- LawHelp: [www.lawhelp.org](http://www.lawhelp.org)