MyHealthGuide
Weekly Newsletter

MyHealthGuide Newsletter

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Choosing a job listing with either your contingent with job summary, details and a brief description of the job, or a job listing with a job summary, details and a brief description of the job, or a job listing with a job summary, details and a brief description of the job, or a job listing with a

atherosclerotic cardiovascular disease (ASCVD) events, with absence of plaque and CAC indicating low risk. Whether this is true in patients with elevated levels of low-density lipoprotein cholesterol (LDL-C) is not known. Specifically, a high prevalence of noncalcified plaque might signal high risk.

Study findings

- A total of 23,143 patients with a median age of 58 (IQR, 50-65) years (12 857 [55.6%] women) were included in the analysis. During median follow-up of 4.2 (IQR, 2.3-6.1) years,
- 1,029 ASCVD and death events occurred. Across all LDL-C strata, absence of CAC was a prevalent finding (ranging from 438 of 948 [46.2%] in patients with LDL-C levels of at least 190 mg/dL to 4370 of 7964 [54.9%] in patients with LDL-C levels of 77-112 mg/dL) and associated with no detectable plaque in most patients, ranging from 338 of 438 (77.2%) in those with LDL-C levels of at least 190 mg/dL to 1067 of 1204 (88.6%) in those with LDL-C levels of less than 77 mg/dL.
- In all LDL-C groups, absence of CAC was associated with low rates of ASCVD and death (6.3 [95% CI, 5.6-7.0] per 1000 person-years), with increasing rates in patients with CAC scores of 1 to 99 (11.1 [95% CI, 10.0-12.5] per 1000 person-years) and CAC scores of at least 100 (21.9 [95% CI, 19.9-24.4] per 1000 person-years).
- Among those with CAC scores of0, the event rate per 1000 person-years was 6.3 (95% CI, 5.6-7.0) in the overall population compared with 6.9 (95% CI, 4.0-11.9) in those with LDL-C levels of at least 190 mg/dL.
- Across all LDL-C strata, rates were similar and low in those with CAC scores of 0, regardless of whether they had no plaque or purely noncalcified plaque.

The findings of this cohort study suggest that in symptomatic patients with severely elevated LDL-C levels of at least 190 mg/dl, who are universally considered to be at high risk by guidelines, absence of calcified and noncalcified plaque on coronary computed tomographic angiography was associated with low risk for ASCVD events. These results further suggest that atherosclerosis burden, including CAC, can be used to individualize treatment intensity in patients with severely elevated LDL-C levels.

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Recurring Resources

Medical Stop-Loss Providers Ranked by 2020 Annual Premium - Over $25.6 Billion

Source: MyHealthGuide, 9/18/2021

The *Medical Stop-Loss Provider Ranking* has been updated based on 2020 Annual Premium. In addition, Rankings from prior years are incorporated into a single table. Click below to view full listing with premium: *The Medical Stop-Loss Provider Ranking*.

View full listing of stop loss carriers

- The top 89 stop loss providers are ranked.
- The *Medical Stop-Loss Provider Ranking* table data reflect Direct Earned Premium from the "Accident and Health Policy Experience Exhibit" ("Supplemental Pages, Insurance Expense Exhibit" section) of publicly available Statutory Reports filed annually by each insurance carrier.

Stop Loss Premium Growth

Stop Loss premium based on 2020 annual premium is $25,645,704 (thousands), a 69% over 2016 annual premium of $15,004,224 (thousands) for a compounded annual rate of 14.0%. Stop Loss premium totals by year:

- 2020 - $25,645,704 (thousands)
- 2019 - $23,588,932
- 2018 - $19,849,233
- 2017 - $16,451,079
- 2016 - $15,004,224

Top 10 and 20 Percent of Total 2020 Market

- Top 10 stop loss providers ($17.3 Billion) compose 67.4 % of the total market ($25.6 Billion)
- Top 20 stop loss providers ($21.5 Billion) compose 83.8 % of the total market ($25.6 Billion)

Top 20 and Ranking Changes

The top 20 stop loss providers based on 2020 annual premium:

1. Cigna
2. UnitedHealth Group
3. Sun Life Financial
4. CVS Health Corp
5. Anthem
6. Tokio Marine HCC
7. HCSC
8. Voya Financial Inc.
9. Symetra
10. HM Insurance
11. Humana
12. Companion Life/Blue Cross Blue Shield of SC
13. Swiss Re
14. QBE
15. Fairfax Financial (CF Ins)
16. Western & Southern Financial
17. W. R. Berkley Corp.
18. Blue Cross Blue Shield of MI
19. Allstate Corp (acquired National General 1/2021)
20. Nationwide

In the new 2020 ranking compared to 2019, there were

- 14 providers that did not change their ranking position,
- 55 providers moved up in the ranking,
- 20 providers moved down in the ranking,
- 12 providers are new the ranking, and
- 3 providers dropped out of the ranking.

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Upcoming Conferences

February 15, 2022 - *1:00 PM EST*
The Compliance Landscape for 2022 presented by The Phia Group. The new year has brought into focus three major compliance concerns – mental health parity, COVID-19, and fiduciary duties. The Department of Labor just released its first annual report to Congress on mental health parity compliance. None of the plan sponsors in the report earned a passing grade. Join The Phia Group as they break down the report, explaining what went wrong, and what plan sponsors can do to earn a passing grade. The team will also reveal how you can best prepare a compliance strategy to keep up with new legal developments in ERISA law and with COVID-19. **Registration Link**.

February 21-23, 2022 - In person
HCAA's *Executive Forum 2022* presented by Health Care Administrators Association. Live and In-Person! HCAA is bringing the glitz and glamour back to the self-funding industry! Bellagio, Las Vegas, NV. **Information**

February 28-March 1, 2022
SIIA Price Transparency Forum presented by The Self-Insurance Institute of America (SIIA). The association's inaugural Price Transparency Forum will feature leading participants in price transparency efforts, from federal agency regulators to self-insured industry professionals, to talk about the opportunities, challenges, and needs in the space. From the *Transparency in Coverage Rule* to the *No Surprises Act*, this Forum will provide an interactive opportunity to learn what these new rules and regulations mean for your business and clients, from strategy to implementation. Sheraton Dallas Hotel, Dallas, TX. **Register today**

March 2-4, 2022 - *Hybrid Conference*
The Thirty-First National HIPAA Summit. Chairs: **Adam Greene, JD, MPH**, Partner and Co-chair, Health Information & HIPAA Practice, Davis Wright Tremaine LLP; HIPAA Summit Distinguished Service Award Winner, Former Senior Health Information Technology and Privacy Specialist, Office for Civil Rights, HHS, Washington, DC; **Kirk J. Nahra, JD**, Partner and Co-chair of the Privacy and Cybersecurity Practice, Wilmer Hale, Washington, DC. **Iliana Peters, JD, LLM**, Shareholder, Polsinelli, Former Acting Deputy Director, Health Information Privacy, Office for Civil Rights, US Department of Health and Human Services, Washington, DC. **Robert M. Tennant, MA**, Vice President, Federal Affairs, Workgroup for Electronic Data Interchange (WEDI); Former Director, HIT Policy, Medical Group Management Association; Washington, DC. . Grand Hyatt, Washington, DC. Registration: **hipaasummit.com**.

March 30-31, 2022
SPBA's Spring meeting announcement presented by Society of Professional Benefit Administrators (SPBA). For SPBA members and self-funded/self-administered group health plans. Renaissance Washington, DC Downtown Hotel. Information: **Info@spbatpa.org**.

March 30-April 1, 2022
SIIA Spring Forum presented by The Self-Insurance Institute of America (SIIA). The SIIA Spring Forum is expected to be the largest gathering of senior-level self-insurance industry professionals for the first half of 2022. Industry expertise and perspectives will be shared through targeted educational sessions, group discussions, and a unique "focus group" participation opportunity. This will be combined with multiple networking functions along with a table-top exhibitor program to help you make important connections. New for this year, we have incorporated "business hours" into the program to make it convenient for attendees to schedule/participate in important meetings. JW Marriott Grande Lakes, Orlando, FL. **Information**.

April 11-12, 2022
SIIA Future Leaders Forum presented by The Self-Insurance Institute of America (SIIA). If you are a younger (under 40) self-insurance/captive insurance industry professional, this is a must-attend for you. Developed by the SIIA Future Leaders Committee, this forum will feature educational content targeted for younger professionals with multiple networking opportunities to help you make important connections with those in your age group. The Westin Indianapolis, Indianapolis, IN. **Information**.

April 12, 2022 - *10:00 am – 11:00 am CT*
Behavioral Health Services and Innovations presented by National Association of Worksite Health Centers (NAWHC). Speakers: **Michael Thompson**, Pres. & CEO, National Alliance of Healthcare Purchaser Coalitions and **Anne Hopkins.**, Director, People & Operations, Benefits and Wellness, CHG Healthcare. **Registration**.

April 25-27, 2022
AAPAN Innovations Retreat. This intimate event will act as a forum for candid discussion on issues impacting our industry and provide innovative solutions to address them. The event will focus on a mixture of topics that support our three core areas: advocacy, collaboration and administrative simplification. Reservation and registration details will be provided in the coming weeks, but for now, save the date so you can take part of this important event. Grand Hyatt Tampa Bay, **Information**.

May 4-6, 2022 - In person
Smart Data Solutions Customer Symposium. This events connects and facilitate conversations between Payers and Network Partners surrounding industry challenges and ways to efficiently address them. Topics include integration of Machine Learning and Artificial Intelligence into workflow processes, new mandates surrounding the No Surprises Act, Medical Record Analysis, FHIR, Prior Authorizations, and more! Hosted by Smart Data's Co-CEOs, **Pat Bolioom** and **John Prange**. Call 651.894.6400 and visit **www.sdata.us**.

May 16-18, 2022
SIIA Corporate Growth Forum presented by The Self-Insurance Institute of America (SIIA). This new SIIA event has been designed to help SIIA members better understand growth strategies made possible by corporate financial transactions (mergers, acquisitions, capitalizations, etc.). In addition to targeted educational content, attendees will have the opportunity to connect with representatives of private equity firms and related advisors and network with owners/senior executives of other SIIA member companies. Greenville, South Carolina. **Register**

May 18-19, 2022
Roundstone 7th annual Medical Captive Forum (MCF), entitled, " *Thrive Together.*" We're excited to be back in person in the city we love - Cleveland, Ohio. And we are just as excited to deliver an informative and educational event to help you stay on top of important health insurance and healthcare trends, and implement wellness and cost saving strategies for healthier, happier employees. When our businesses thrive, we all do. This event is designed for our customers, our trusted network of benefits advisors, our solution provider partners, and executives responsible for employee health benefits at small and mid-size companies across the nation **RSVP here to pre-register**.

July 18-19, 2022 - In person
HCAA's *TPA Summit 2022* presented by Health Care Administrators Association, Hyatt Regency St. Louis at The Arch, St. Louis, MO. **Information**

August 24-26, 2022
2022 MASI Annual Fall Conference presented by Mississippi Association of Self-Insurers. We are pleased to open a call for proposals for presentations at the 2022 MASI Annual Fall Conference. If you have a proposal for an educational session, or if you have a topic you would like presented at the 2022 Fall Conference, please contact **Wendy Powell** at wendyp@masiweb.org. The deadline to submit ideas is Monday, January 3, 2022. The planning committee will consider all ideas and will use these to form the agenda for the 2022 Annual MASI Fall Conference! Beau Rivage Resort and Casino, Biloxi, MS. **Registration**.

September 8-9, 2022
NAWHC 10th Annual Forum: Creating and Expanding Worksite Health Clinics presented by the National Association of Worksite Health Centers. Topics: The direction of employer centers in post-COVID-19 world; Planning and design of worksite health centers; Operations, staffing and management of worksite health centers; Legal and regulatory aspects of worksite health centers; The impact of COVID-19 on center services; Measuring the health center performance; Increasing utilization and engagement; Pharmacy services; and Digital services. DoubleTree by Hilton Hotel in downtown Nashville. **Information and registration**.

October 11-13, 2022
SIIA National Conference & Expo presented by The Self-Insurance Institute of America (SIIA). The world's largest self-insurance/captive insurance industry event will be back with its traditional, fully in-person format. JW Marriott Desert Ridge Resort & Spa, Phoenix, AZ. **Registration**.

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July 17-18, 2023 - In person
HCAA's *TPA Summit 2023 presented by Health Care Administrators Association*.. Hyatt Regency, Dallas, TX. **Information**

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