MyHealthGuide

Weekly Digest

MyHealthGuide Newsletter
Issue 32 - August 2020

Published digitally by MyHealthGuide, LLC www.MyHealthGuide.com. This Newsletter is for personal use only and may not be sold or redistributed. To subscribe, visit www.MyHealthGuide.com. To unsubscribe, visit www.MyHealthGuide.com/Unsubscribe. Questions? Contact us at Support@MyHealthGuide.com.

TABLE OF CONTENTS:

General & Company News

- FDA Launches New Self-Testing Program
- Tania Mentor, M.D., Joins Long-Lenox Medical, P.C., The Performing Insurance Companies
- Health Insurance Marketplace Open Enrollment Ends Soon
- Medicare Covers Diabetes Testing Supplies and Tests Only Administered in Office Setting Exclusively
- Medicare Part C Enrollees Concerned on Care During Exercise Lull
- Antibiotics Prescribed to Children and Adults Contribute to Deadly Pancreas Bacteria Outbreak
- Tyler Mentor Joins Antonovich Medical, The Performing Insurance Companies
- Vital Signs Network Launches Telehealth Platform for Rural Hospitals
- Medicare Covers Telehealth Visits for Mental Health Disorders and Chronic Conditions Only Over the Phone
- Amy Jo Williams Joins Long-Lenox Medical and Pain Management Associates, The Performing Insurance Companies
- Fitness Apps Not Helpful in Creating Fitter, Popular Fitness Gearers, The Conversation
- Fitness Apps Not Helpful in Creating Fitter, Popular Fitness Gearers, The Conversation

Trends News

- Fitness Devices Helpful in Leading Fitter
- HealthCare Reports Stand Behind Apps, ACT

Mental Trends, Studies, Books & Seminars

- Self-Inflicted Diseases Lead to Fitness Obsessive Disorder Focus

Legislative News

- Anti-Vaccine Representative is Patient Governor's on Sunrise Wins Arkansas

Medical News

- Bronchitis and Pneumonia After Vaccination for COVID-19

Security Bulletins

- Hackers Exploit Vulnerability in Popular Fitness Apps
- Hackers Exploit Vulnerability in Popular Fitness Apps
- Hackers Exploit Vulnerability in Popular Fitness Apps

General & Company News

FDA Launches New Self-Testing Pathway

MyHealthGuide Source: Health Care Administrative Association (HCAA), 8/4/20

The Health Care Administrative Association (HCAA) announced that its annual conference, Vision of Health Care Administration, will be held on Friday, August 14th, 2020 from 8:00 AM to 5:00 PM. The conference will be held at the Hilton Garden Inn in Downtown Chicago, Illinois. Registration is open and the cost is $125 per person.

Its home is now in the site in Case Tan Ann Ignatius which offer unparalleled preparation on the following topics:

- Speaker #1: Vivian Pineau Cole in AHT
- Speaker #2: Jonathan Ignatius Ann Pineau
- Speaker #3: Ann Grace Pineau Cole
- Speaker #4: Ashley Ignatius Ann Pineau

Vision of Health Care Administration, Inc. www.HCAA.com

Tania Mentor M.D. Shop Long-Lenox Medical P.C. for The Performing Insurance Companies

MyHealthGuide Source: Tyler Mentor M.D. 8/20/20

Tania Mentor M.D. Shop Long-Lenox Medical P.C. for their specialist for Lenox Medical P.C.

pericarditis were ascertained from EMRs.

The monthly rates of first-time hospital diagnoses (excluding patients with previous diagnoses in January 2018–January 2019) in January 2019 through January 2021 (prevaccine period) and February through May 2021 (vaccine period) were compared.

The Wilson method was used to calculate 95% confidence intervals for single proportions. Changes in incidence between periods and 95% confidence intervals for incidence were assessed using an exact rate ratio test assuming Poisson distribution, with a 2-sided P< .05 defining statistical significance. R version 2021 statistical software (R Foundation) was used. The Providence institutional review board approved the study with a waiver of informed consent.

Study findings

- **Among 2,000,287 individuals receiving** at least 1 COVID-19 vaccination, 58.9% were women, the median age was 57 years (interquartile range [IQR], 40-70 years), 76.5% received more than 1 dose, 52.6% received the BNT162b2 vaccine (Pfizer/BioNTech), 44.1% received the mRNA-1273 vaccine (Moderna), and 3.1% received the Ad26.COV2.S vaccine (Janssen/Johnson & Johnson).
- **Twenty individuals had vaccine-related myocarditis** (1.0 [95% CI, 0.61-1.54] per 100 000) and **37 had pericarditis** (1.8 [95% CI, 1.30-2.55] per 100 000).
- **Myocarditis** occurred a median of 3.5 days (IQR, 3.0-10.8 days) after vaccination (mRNA-1273 vaccine, 11 cases [55%]; BNT162b2 vaccine, 9 cases [45%]) (Table).
  - Fifteen individuals (75%; 95% CI, 53%-89%) were male, and the median age was 36 years (IQR, 26-48 years).
  - Four persons (20%; 95% CI, 8%-42%) developed symptoms after the first vaccination and 16 (80%; 95% CI, 58%-92%) developed symptoms after the second.
  - Nineteen patients (95%; 95% CI, 76%-99%) were admitted to the hospital. All were discharged after a median of 2 days (IQR, 2-3 days).
  - There were no readmissions or deaths.
  - Two patients received a second vaccination after onset of myocarditis; neither had worsening of symptoms. At last available follow-up (median, 23.5 days [IQR, 4.8-41.3 days] after symptom onset), 13 patients (65%; 95% CI, 43%-82%) had symptom resolution and 7 (35%; 95% CI, 18%-57%) were improving.
- **Pericarditis** developed after the first immunization in
  - 15 cases (40.5%; 95% CI, 26%-57%) and after the second immunization in
  - 22 cases (59.5%; 95% CI, 44%-74%) (mRNA-1273 vaccine,
  - 12 cases [32%]; BNT162b2 vaccine, 23 cases [62%]; Ad26.COV2.S vaccine,
  - 2 cases [5%]). Median onset was 20 days (IQR, 6.0-41.0 days) after the most recent vaccination.
  - Twenty-seven individuals (73%; 95% CI, 57%-85%) were male, and the median age was 59 years (IQR, 46-69 years).
  - Thirteen (35%; 95% CI, 22%-51%) were admitted to the hospital, none to intensive care. Median stay was 1 day (IQR, 1-2 days).
  - Seven patients with pericarditis received a second vaccination.
  - No patient died.
  - At last available follow-up (median, 28 days; IQR, 7-53 days), 7 patients (19%; 95% CI, 9%-34%) had resolved symptoms and 23 (62%; 95% CI, 46%-76%) were improving.
- The mean monthly number of cases of myocarditis or myopericarditis during the prevaccine period was 16.9 (95% CI, 15.3-18.6) vs 27.3 (95% CI, 22.4-32.9) during the vaccine period (P < .001) (Figure).
- The mean numbers of pericarditis cases during the same periods were 49.1 (95% CI, 46.4-51.9) and 78.8 (95% CI, 70.3-87.9), respectively (P< .001).

Comments

Myocarditis developed rapidly in younger patients, mostly after the second vaccination. Pericarditis affected older patients later, after either the first or second dose.

Some vaccines are associated with myocarditis, including mRNA vaccines,1-4 and the Centers for Disease Control and Prevention recently reported a possible association between COVID-19 mRNA vaccines and myocarditis, primarily in younger male individuals within a few days after the second vaccination, at an incidence of about 4.8 cases per 1 million.

This study shows a similar pattern, although at higher incidence, suggesting vaccine adverse event underreporting. Additionally, pericarditis may be more common than myocarditis among older patients.

Study limitations include cases missed in outside care settings and missed diagnoses of myocarditis or pericarditis (which would underestimate the incidence), as well as inaccurate EMR vaccination information. Temporal association does not prove causation, although the short span between vaccination and myocarditis onset and the elevated incidence of myocarditis and pericarditis in the study hospitals lend support to a possible relationship.

About Myocarditis and Pericarditis

Myocarditis is an inflammation of the heart muscle (myocardium). The inflammation can reduce your heart's ability to pump and cause rapid or abnormal heart.

Pericarditis is inflammation of the pericardium, a sac-like structure with two thin layers of tissue that surround the heart to hold it in place and help it work. A small amount of fluid keeps the layers separate so there's less friction between them as the heart beats.

Top

Recurring Resources

Medical Stop-Loss Providers Ranked by 2019 Annual Premium Tops $23 Billion

Source: MyHealthGuide, 5/23/2020

The *Medical Stop-Loss Provider Ranking* has been updated based on 2019 Annual Premium. In addition, Rankings from years 2018, 2017 and 2016 have been incorporated into a single table.

- The top 96 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.

Click here to view The Medical Stop-Loss Provider Ranking

Stop Loss Premium Growth

Stop Loss premium based on 2019 annual premium is $23,588,932 (thousands), a 57% over 2016 annual premium of $15,004,224 (thousands) for a compounded annual rate of 16.2%. Stop Loss premium totals by year:

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

Top 20 and Ranking Changes

The top 20 stop loss providers based on 2019 annual premium:

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

In the new updated 2019 ranking, there were

- 14 providers that did not change their ranking position from 2018.
- 41 providers moved up in the ranking.
- 26 providers moved down in the ranking.
- 12 providers are new the ranking.

Top

Upcoming Conferences

August 12, 2021 - *11:00 am PDT*
Service Providers Beware: The Compensation Disclosure Rules Are Coming for You presented by 6 Degrees Health. A Fireside Chat featuring **Alan Wangeng** of *UBF Consulting* and **Bonita Hatchett-Bodie** of 6 Degrees Health. Alan and Bonita will discuss the important changes to the Compensation Disclosure Rules and their impact on the self-funded insurance industry. "The compensation transparency required by the new rules will have a profound impact on the group health plan service industry. Many fear that being transparent could potentially jeopardize client relationships. However, the new rules may also make those relationships stronger with the proper messaging. There is no time like the present to collaborate on how to use these new rules for the benefit of service providers" -**Bonita Hatchett-Bodiedie**, General Counsel. Click here to register.

August 11, 2021 - *11 am EDT*
Simplify the Switch - 3 Steps to Self-Funded is one of a set of webinars presented by Roundstone University's *In its Summer Breeze Webinar Series*. Continued education on self-funding and our group captive solution. Register for as many as you like and watch them live. Don't worry if you can't make it – we will send you the recording so there's no summer stress. We look forward to seeing you there! Register Now. Future webinars:

- August 19th: *The Right Way to Spreadsheet Our Solution* (11 am EDT)
- August 24th: *Why Well-Being Works* (2 pm EDT)
- August 26th: *Cash Flow Advantages of Self-Funding* (2 pm EDT)
- August 31st: *Why The Message Matters* (2 pm EDT)

August 24, 2021August 24, 2021 - *1:00 PM EST*
The Provider Perspective – Analysis and Response to How Providers are Reacting to Recent Rule Changes and Reform presented by The Phia Group. For months we have been dissecting new and forthcoming rule changes, to address their impact on the health benefits industry. Yet, everything from laws regarding transparency to surprise balance bills will also substantially impact the provider community as well, right? Maybe… Maybe not? Join The Phia Group as they assess how providers are – presently, and in the future – likely to react (or not react) to the new healthcare pricing rules, as well as address best practices to fight back against abusive provider billing tactics. Additionally, we welcome back our breakout sessions, following the main presentation! Registration Link.

August 25, 202111 - *Webcast 2 pm ET / 11 am PT*
Catastrophic Risk Protection in a Post-Pandemic World presented by HM Insurance Group. While the pandemic isn't over, much of the focus is now on what we've learned, how we've changed and what it looks like to provide stop loss insurance protection in a post-pandemic world. In addition to the ways the pandemic affected the business of healthcare (including everything from treatment to claims), it's also important to grasp the significant influence it had on the workforce. Speakers: **Eric Berg**, Sr. Vice President, Reinsurance, Partnerships and Operations, HM Insurance Group, and **Greg Sullivan**, Sr. Vice President, Business Enablement, HM Insurance Group. Registration (via BenefitsPro).

August 25-27, 2021202111
MASI 23rd Annual Fall Conference presented by Mississippi Association of Self-Insurers (MASI). Make plans now to join your fellow MASI members and friends at the 23rd Annual MASI Fall Conference. This year's meeting, MASI-sissippi, will be a celebration of everything great about Mississippi. Be prepared to enjoy true Southern hospitality while learning the latest from the self-insured workers' compensation and health insurance industry. Beau Rivage Casino & Resort / Biloxi, Mississippi. Click here for more information and to register.

September 14, 2021
25th Year Anniversary - D.W. Van Dyke & Links to a Cure Annual Charity Golf Tournament presented by D.W. Van Dyke. On behalf of The Robert A. Welke Cancer Research Foundation, Inc., we thank you for considering this opportunity to support cancer research. In 1993, Bob Welke was 36 years old with a wife, three children and a position as Senior Vice President at D.W. Van Dyke & Company when he was diagnosed with acute promyelocytic leukemia (APL). Later that year, with support from the management team at D.W. Van Dyke & Co., Bob founded The Robert A. Welke Cancer Research Foundation with the purpose of raising and donating money to cancer research. The Country Club of Darien, 300 Mansford Ave., Darien, CT. More information: www.links2acure.com.

September 22-23, 2021 - *(SPBA Members Only)*
SPBA Fall 2021 presented by Society of Professional Benefit Administrators (SPBA). Kansas City Marriott, Country Club Plaza in Kansas City, MO. Information: Info@spbatpa.org

October 3-5, 2021
National Conference & Expo presented by Self-Insurance Institute of America. If public health conditions improve sufficiently later next year, SIIA will supplement the virtual format with in-person components to allow for an additional option for those who would like to participate in that way. Watch for announcements likely later next spring. Austin, TX. Information: www.SIIA.org.

October 25-28, 2021
WLT Software 2021 Spooktacular Client Conference & Halloween Networking Ball. It's back, and at the beach! The long-awaited WLT Software Client Conference is back, and the benefits administration solutions leader can't wait to host all Clients, partners, and friends once again. This year's event falls on, no other than Halloween Week and will be hosted in beautiful Clearwater Beach, Florida. Join the team beachside or poolside for four days full of education, training, and even a Halloween Networking Ball! Not to mention acclaimed the Client Conference roundtable, where Clients are encouraged to share feedback and suggestions that will be presented directly to the WLT Software team. Not to mention special guest speaker **Matthew Albright**, Chief Legislative Affairs Officer for Zelis Healthcare, who will be sharing the ins and outs of the upcoming legislation the *No Surprises Act* and *Transparency in Coverage* requirements. Clearwater, FL. Contact jtorina@wltsoftware.com for more information about attending.

Top

January 20-21, 2022
2022 Onsite Employee Health Clinics Summit. DoubleTree Resort by Hilton Paradise Valley, Scottsdale, AZ. Information and Registration

February 21-23, 2022
HCAA's *Executive Forum 2022* presented by Health Care Administrators Association. Bellagio, Las Vegas, NV. Information

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

Top

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

Top

Job News

Job listings are still here! Each listing (above) is now linked to a separate web page. This change was prompted the Newsletter becoming so large that some filters and email systems blocked the delivery.

Editorial Notes, Disclaimers & Disclosures

- Articles are edited for length and clarity.
- Articles are selected based on relevance and diversity.
- No content in this Newsletter should be construed as legal advice. All legal questions should be directed to your own personal or corporate legal resource.
- Internet links are tested at the time of publication. However, links change or expire often.
- Articles do not necessarily reflect views held by the Publisher.
- Should you stop receiving the Newsletter, here are some items to check: Is the Newsletter email in your junk or spam folder?
  - Have your IT team "whitelist" sender (Clevenger@MyHealthGuide.com)
  - Provide another email address.
  - Access the Newsletter online at www.MyHealthGuide.com/news.htm.

Our email servers inactivate an account (email address) after three successive failed attempts to deliver the Newsletter. Failures to deliver occur when your email server "bounces" our Newsletter because your server views our email as spam because of anatomical terms often referenced in our "Medical News" section and for other reasons.

Top

Ernie Clevenger
President & Publisher
MyHealthGuide, LLC
Clevenger@MyHealthGuide.com