

The Oregon Attorney Assistance Program presents Health Insurance Today, At Sixty-Five, and in Retirement



Steven Doty

AKT Benefit Advisors

Elma Friend

Willamette Valley Benefits, Inc.

Mary Osborn

Master Care Solutions

Mike Long

OAAP Attorney Counselor

September 28, 2016 9:00 a.m. – 1:00 p.m.

Oregon Bar Center Tigard, Oregon

Qualifies for 3.5 Personal Management Assistance MCLE Credits

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MCLE FORM 1: Recordkeeping Form (Do Not Return This Form to the Bar)

Instructions:

Pursuant to MCLE Rule 7.2, every active member shall maintain records of participation in **accredited** CLE activities. You may wish to use this form to record your CLE activities, attaching it to a copy of the program brochure or other information regarding the CLE activity.

Do not return this form to the Oregon State Bar. This is to be retained in your own MCLE file.

| Name: Bar | | | Bar Nur | mber: |
|---|-----------|---|---------|---|
| Sponsor of CLE Activity: | | , | | |
| Title of CLE Activity: | | | | |
| Date: | Location: | | | |
| ☐ Activity has been acc the Oregon State Bar fo following credit: | | ☐ Full Credit. I attended the entire program a the total of authorized credits a | | ☐ Partial Credit. I attended hours of the program and am entitled to the following credits*: |
| General | | General | | General |
| Prof Res | o-Ethics | Prof Resp-Ethics | | Prof Resp-Ethics |
| Access to Justice | | Access to Justice | | Access to Justice |
| Child Abuse Rep. | | Child Abuse Rep. | | Child Abuse Rep. |
| Practical Skills | | Practical Skills | | Practical Skills |
| Pers. Management | | Pers. Management | | Pers. Management |
| Assistan | ce ** | Assistance ** | | Assistance ** |

*Credit Calculation:

One (1) MCLE credit may be claimed for each sixty (60) minutes of actual participation. Do not include registration, introductions, business meetings and programs less than 30 minutes. MCLE credits may not be claimed for any activity that has not been accredited by the MCLE Administrator. If the program has not been accredited by the MCLE Administrator, you must submit a Group CLE Activity Accreditation application (See MCLE Form 2.)

Caveat:

If the actual program length is less than the credit hours approved, Bar members are responsible for making the appropriate adjustments in their compliance reports. Adjustments must also be made for late arrival, early departure or other periods of absence or non-participation.

** Oregon State Bar MCLE Rule 6.3 limits the number of personal management assistance credits that can be claimed in one three-year reporting period to 6 credits. For shorter reporting periods, the limitation is 3 hours.

Health Insurance Today, At Sixty-Five, And In Retirement

September 28, 2016

| | Program Agenda | | | | |
|--------------------|---|---|--|--|--|
| 8:30 – 9:00 a.m. | Registration | | | | |
| 9:00 - 9:15 a.m. | Introductions | Mike Long | | | |
| 9:15 – 10:30 a.m. | Health Insurance Overview | Steven Doty, Northwest Employee Benefits Inc. | | | |
| 10:30 - 10:45 a.m. | Break | | | | |
| 10:45 - 11:45 a.m. | Medicare and Medi-Gap Insurance Policies | Elma Friend, Willamette Valley Benefits, Inc. | | | |
| 11:45 – 12:00 p.m. | Break | | | | |
| 12:00 – 1:00 p.m. | Long-Term Care Insurance Evaluations | Mary Osborn, Master Care Solutions | | | |

Mike Long

Mike Long is a graduate of Hastings College of Law, San Francisco, California (JD 1983) and Portland State University (MSW 1991). He was in the private practice of law in Portland between 1985 and 1990. He worked in alcohol and drug residential treatment from 1990 to 1991 and as a therapist and crisis counselor from 1991 to 1993 before joining the Oregon Attorney Assistance Program staff in 1994, and he is a Certified Employee Assistance Professional (CEAP). As an attorney counselor for the OAAP, Mike counsels and assists lawyers with a broad spectrum of challenges and concerns. Since 2001, he has been responsible for developing the retirement planning assistance and programming offered by the OAAP. Mike is a coauthor of Lawyers at Midlife: Laying the Groundwork for the Road Ahead (Decision Books, 2008).

Steven Doty

Steven Doty, AKT Benefit Advisors, is an insurance agent in Portland, Oregon, specializing in providing group insurance benefits to employer groups throughout the Pacific Northwest. He has served on several boards and industry/government committees and task forces, including the Oregon Association of Health Underwriters, the Health Insurance Reform Advisory Committee (which he chaired from 1995-2001), and the Insurance Pool Governing Board, a state agency offering low-income subsidies for private health insurance purchases through the Family Health Insurance Assistance Program. He currently serves as a member of the Essential Health Benefits Committee for the State of Oregon. He holds a BS in Business Administration from Portland State University.

Elma Friend

Along with being a Duck Fan, Elma Friend has been involved in the Medical Industry in the Portland Metropolitan area for over 20 years. Working at Adventist Medical Center for over 12 years, Elma worked in the business office; processing medical claims, verifying insurance benefits and working with patients to coordinate their insurance with their medical needs. After leaving Adventist, Elma began working at, what is now, Health Net of Oregon in Customer Service, Provider Relations and ultimately working in Sales under the Senior Market Division. Elma has been happily married for over 23 years and enjoys spending time with her two wonderful grandchildren.

Mary Osborn

Mary Osborn has over 30 years of experience in the financial services and insurance industry. Her practice has been focused in the area of insurance planning, especially in the areas of long-term care insurance, disability insurance, life insurance, employee benefits and retirement planning. The long illness of Mary's own mother prompted her to study the issues around long-term care, and she decided to earn the designation "Certified in Long-Term Care" – CLTC in 2000. Since then Mary has specialized exclusively in long-term care planning and insurance.

As a specialist she has built her practice helping clients develop a long-term care plan and then determine the best insurance solution to fund the plan.

AFFORDABLE CARE ACT (ACA) MEDICAL INSURANCE ESSENTIALS

OREGON ATTORNEY ASSISTANCE PROGRAM
SEPTEMBER 28, 2016

Steven Doty, AKT Benefit Advisors

And Then We Have Another Grandchild



AFFORDABLE CARE ACT TIMELINE

2010

- No Pre-existing Conditions Children Up To Age 19
- Preventive Services Covered At 100%
- No Annual Or Lifetime Limits
- Cover Children Up To Age 26
- Grandfathered and Non Grandfathered Plans

<u>2012</u>

- Report Cost Of Employer Sponsored Benefits On Employees W2
- Summary Benefit Comparisons (SBC)

2013

- Premium Tax On All Fully Insured And Self Insured Group Plans
- Medicare Tax Increase Of .9% For Wage Earners \$200,000 And Up
- Income Tax Deduction For Medical Expenses Increases To 10% Of AGI

AFFORDABLE CARE ACT TIMELINE 2014 Individual Mandate • Guaranteed Issue, No Pre-Existing Conditions For All Group and Individual • State Exchanges Supposed To Be Fully Operational Employer Mandate For Employers With 100 Or More Employees 2016 • Employer Mandate For Employers With 50 Or More Employees INSURANCE FUNDAMENTALS • **Deductible** – The dollar amount that must be paid for certain covered services in a $\underline{\mathsf{calendar}\;\mathsf{year}}\,\mathsf{before}\;\mathsf{the}\;\mathsf{insurance}\;\mathsf{plan}\;\mathsf{pays}$ • Co-Insurance – The shared percentage that the insurer and the insured pay for certain covered services, usually after deductible • Copay – A flat dollar amount that the insured must pay for certain covered services. Services provided with a Copay are typically not subject to the deductible and no Co-Insurance is required • Out of Pocket Maximum – The maximum dollar amount that the insured is required to for all services in a $\underline{\text{calendar year}}.$ This includes Deductible, Co-Insurance and all Copays OPTIONS TO PURCHASE MEDICAL INSURANCE Individual Plans Idividual Plans Purchase directly from insurance carriers or through Federal Exchange Guarantee Issue – No pre-existing condition limitation Can only enroll during annual Open Enrollment period Nev 1" – Jan 31" (must submit application by Dec 15" for a January 1" effective date. Or Qualifying Event – Loss of coverage, Birth of Child, Adoption, Marriage Subsidies available for low income only through Federal Exchange • Small Employer Plans (1-50 employees, currently) DCBS may increase to 100 in near future Must have at least 1 W2 employee, owners and spouses of owners do not count Purchase directly from insurance carrier Tax Credits available for those who qualify. Expires 2019 Large Employer Plans (51 + employees, currently) Medicaid (Oregon Health Plan) Medicare - Age 65 and Older - Disabled

AFFORDABLE CARE ACT EXCHANGES **Exchange** January 1, 2014 <u>States</u> must establish American Health Benefit Exchange Originally Tax Credits and Subsidies Only Available Through State Exchanges • Cover Oregon - \$300 million failure Tax Credits and Subsidies <u>now</u> available through Federal Exchange • Individuals and Small Employers (small employer currently not functioning) • Exchange required to notify employer if employee is eligible for tax credits or cost sharing reduction Individuals can purchase coverage through the Federal Exchange even if they do not qualify for subsidy but no reason to do so, premiums are the same AFFORDABLE CARE ACT EXCHANGE SUBSIDIES **INCOME LEVELS FAMILY OF FOUR** • \$32,913 or less – Oregon Health Plan (Medicaid) Subsidy Based On National Average For Silver Plan \$40,000 – 83% Subsidy • \$50,000 – 72% Subsidy • \$60,000 – 59% Subsidy \$70,000 – 45% Subsidy • \$90,000 – 30% Subsidy \$93,000 or more – Not Eligible For Subsidy SUBSIDY "GLITCH" Dependents of employees who may qualify for subsidy based on income, are ineligible for subsidy if they are eligible to enroll in employer sponsored plan that provides "Minimum Value" and is "Affordable". **HEALTH SAVINGS ACCOUNTS (H.S.A.)** • HSAs can only be offered with a high-deductible health plan (HDHP). Can be individual or group plan. • This plan must provide coverage as follows: Minimum deductible: \$1,300 single, \$2,600 family (2016)

Maximum annual out of pocket:\$6,850 single, \$13,700 family (2016)

Money not withdrawn remains in the account

Money deposited to H.S.A. is tax deductible. Employer or employee.
 Money can be withdrawn to pay for qualified medical expenses without

Maximum annual contribution:
\$3,350 single, \$6,750 family (2016)

tax liability

AFFORDABLE CARE ACT

Many New Terms To Know

African Elephant

AFFORDABLE CARE ACT TERMS TO KNOW

- TERMS TO KNOW

 Minimum Essential Coverage (MEC)
 Coverage required to fulfill Individual Mandate and Employers must offer to avoid tax; Government Program Medicare & Medicaid, Eligible Employer Sponsored Plan, Individual Plan Offered in Individual Market, Grandfathered Plan, State High Risk Pool

 Qualified Health Plan (QHP)
 Exchange certified health plan offering an EHBP

 SHOP Small Business Health Option Program (Not Currently Functional)

 Essential Health Benefits (EHB)
 Benefits that QHP are required to cover 10 general categories of services

 Essential Health Benefits Package (EHBP)
 Must provide EHB
 Provide either Bronze (60%), Silver (70%), Gold (80%), Platinum (90%) of full actuarial benefits provided under the plan

 Summary of Benefits and Coverage (SBC)

Essential Health Benefits Applies to Individual and Small Employer Plans Outpatient care—without being admitted to a hospital • Trips to the emergency room

- Treatment in the hospital for inpatient care
- · Care before and after a baby is born
- Mental health and substance use disorder services: This includes behavioral health treatment, counseling, and psychotherapy
- Prescription drugs
- Services and devices to help you recover from an injury, or have a disability or chronic condition. This includes physical and occupational therapy, speech-language pathology, psychiatric rehabilitation, and more.
- Lab tests
- Preventive services including and care for managing a chronic disease.
- Pediatric services: This includes dental care and vision care for kids

SUMMARY OF BENEITS AND COVERAGE (SBC) This is only a summary. If so document at your Perceived in the Perceived Does this plan use a providers Providers 4445.

INDIVIDUAL MANDATE

2014 - Shared Responsibility - "Individual Mandate"

- January 1, 2014 all "Applicable Individuals" must purchase MEC
- Failure to comply results in "Shared Responsibility" tax penalty
- Shared Responsibility payment is the $\underline{\text{\bf greater o}}f$ the "Flat Dollar Amount" or the "Percentage of Income Amount"
- Divided by 12 and applied to each month the individual was not covered
- Flat Dollar Amount Per Person \$95 in 2014, \$325 in 2015, \$695 in 2016 and thereafter
- Individuals age 18 or younger 50% of Flat Dollar Amounts
- Percentage of Income Amount Income minus exemptions for married couples and standard deductions 1% 2014, 2% 2015, 2.5% 2016 and thereafter
- Shared Responsibility payment is capped at \$2,085 for 2016

INDIVIDUAL MANDATE

2014 - Shared Responsibility - "Individual Mandate"

Individuals who cannot afford coverage - more than 8% of income

Individuals not required to file a tax return Members of certain Indian tribes

Individuals with gap in coverage less than 3 continuous months Individuals extended a hardship exemption from HHS

- IRS Can Collect Penalty Same As Other Taxes (no criminal sanctions)
- Refundable Tax Credit for those with incomes of 100%-400% of FPL Must purchase coverage through Exchange which also determines eligibility for credits
- If employee is "eligible" or "enrolled", in an employer sponsored plan, which is

 Atfordable and provides Minimum Value, employee is not eligible for tax credit
- Individuals must report on IRS Form 1040 whether or not they had coverage. If they
 received a tax credit they also must file IRS Form 8962.

EMPLOYER MANDATE

Shared Responsibility "Employer Mandate" (Pay or Play)

- Sinarca Responsibility Employer Manadae (Pay or Tidy)

 January 1, 2016 "Applicable Large Employers" (employers with 50 or more employees) must offer plan that is "Affordable" and provides "Minimum Value", to FTE (30 hours per week)

 "Affordable", meaning the employee contribution towards employees cost of coverage cannot exceed 9.5% of W2 wages. Statute uses household income, IRS Notice 2012-58 provides safe harbor for employers to use employee's W2 wages
- "Minimum Value " means insurance plans share of total allowed cost of benefits at least 60%

"Applicable Large Employers" Who <u>Do Not Offer</u> Coverage (MEC)

- Assessable Payment (Penalty Tax) is \$2,000 per year or \$166.67 per month times the number of FTE minus 30 employee reduction, if one EE is eligible for tax credit
- "Applicable Large Employers" Who <u>Do Offer</u> Coverage But Plan Does Not Provide Minimum Value And Is Not Considered "Affordable"
- Assessable Payment (Penalty Tax) is \$3,000 per year or \$125 per month times the number of FTE who received premium tax credits or cost sharing assistance
- Penalty capped at amount employer would have paid if coverage offered

TAX FORM FILING REQUIREMENTS

SECTION 6055 OF IRS CODE

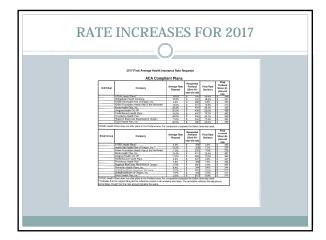
- Everyone Must Declare On IRS Form 1040 Whether Or Not They Were Covered By
- A Plan That Provided Minimum Essential Coverage
- Individuals Who Received A Tax Credit To Purchase Health Insurance Must File IRS Form 8962
- Individuals Who Did Not Have Qualified Coverage Must File IRS Form 8965 To Calculate Penalty
- Insurers Must File Form 1094 With IRS Reporting Names Of Individuals Covered By Individual Plans Or Small Employer Plans And The Months They Were Covered
- Applicable Large Employers (50 or more) Must File Form 1094 With IRS Reporting Names Of Employees Covered And The Months They Were Covered

10

FORM 1095-B Form 1095-B. This form is sent out by the insurance provider, for individual and small employer plans. This form is used to verify on your personal tax return that you and your dependents have Minimal Essential Coverage (MEC). • The 1095-B identifies: The type of coverage you have Your dependents covered The period of the coverage • Form 1095-C. Used by Employers with 50 or more employees and provides information of the coverage your employer offered you. Use this to complete your tax return. • The 1095-C identifies: · The employee and the employer · Which months during the year you were eligible for coverage The cost of the cheapest monthly premium you could have paid under the plan FORM 1094-B & C Form 1094- B & C, Is <u>filed with IRS</u>. 1094-B is provided by the insurance carrier for individual and small group plans. 1094-C is provided by employers with 50 or more full-time employees. This form provides information of the coverage your employer offered you and whether or not you chose to participate. • The 1094-B & C identifies: • The employee and the employer • Which months during the year you were eligible for coverage • The cost of the cheapest monthly premium you could have paid under the plan The type of coverage you have • Your dependents covered The period of the coverage OREGON CARRIERS IN TROUBLE • Health Republic - Closed doors 1/1/16 • Oregon Health CO-OP - Closed doors 8/1/16 • MODA – DCBS issued an Order of Immediate Supervision

- February 2016 - Has since submitted a business plan to DCBS and has been allowed to continue to do business as

• Likewise - Leaving Oregon 1/1/17



Continuation of Coverage Options At Retirement

- State Of Oregon Continuation
 - 9 Months Carriers Now Required To Send Notice Within 10 Days
- Federal COBRA Continuation
 - 18 Months, 36 Months Dependents 29 Months Disabled
- Individual Plans Guaranteed Issue No Pre-existing Conditions Limitation
- Individual Plan Enrollment Available Only During Annual Open Enrollment Period 11/1 – 1/31, Or Loss Of Other Coverage
- Medicare Age 65 or Older

MULTNOMAH BAR ASSOCIATION PLANS

- Eligibility Employer Must Have at least 1 W-2 Employee
- 9 Medical Plan Options (Kaiser, Providence)
- 3 Dental & Vision Plan Options (ODS, VSP, Kaiser, Willamette Dental)
- Administration -Premiums
- Participation & Contribution Requirements
- COBRA Continuation
- Contact: AKT Benefit Advisors
- Web Site www.aktadvisors.com/mba
- 503-716-9328, sdoty@benefitadvisorslp.com



Multnomah Bar Association Medical Benefits (Providence)



Rates Effective: 4/1/16 - 3/31/17

CP Means Copay / Benefits Shown Below With An * Means The Deductible Does Not Apply

Providence Uses Their Own PPO Network Of Providers. Go To: www.providence.org/healthplans To Look Up Providers

| To View Detailed Summa | To View Detailed Summaires of Each Plan Go To: www.aktadvisors.com/mba. Questions - Call 503-716-9328 or 503-716-9329 | | | | | | |
|---|---|---|--|--|--|--|--|
| www.aktadvisors.com/mba | GOLD | GOLD CONNECT | SILVER | BRONZE H.S.A. | | | |
| | PPO - NON | PPO - NON | PPO - NON | PPO - NON | | | |
| PREVENTIVE & WELLNESS | * 100% / * 50% | * 100% / 50% | * 100% / * 50% | * 100% / 50% | | | |
| T | 10070 7 0070 | 10070 7 0070 | 10070 7 0070 | 10070 7 0070 | | | |
| ANNUAL DEDUCTIBLE | | | | | | | |
| Per Person | \$1,000 / \$2,000 | \$1,500 / \$3,000 | \$2,500 / \$5,000 | \$6,550 / \$13,100 | | | |
| Per Family | \$2,000 / \$4,000 | \$3,000 / \$6,000 | \$5,000 / \$10,000 | \$13,100 / \$26,200 | | | |
| OUT-OF-POCKET MAXIMUM | | | | | | | |
| Per Person | \$6,850 / \$13,700 | \$6,850 / \$13,700 | \$6,850 / \$13,700 | \$6,550 / \$13,100 | | | |
| Per Family | \$13,700 / \$27,400 | \$13,700 / \$27,400 | \$13,700 / \$27,400 | \$13,100 / \$26,200 | | | |
| HOSPITAL CARE | | | | After Deductible | | | |
| Inpatient Care | 80% / 50% | 80% / 50% | 70% / 50% | 100% - 100% | | | |
| Emergency Room Hospital | \$250 CP (after ded) | 80% | \$250 CP (after ded) | 100% - 100% | | | |
| Urgent Care | * \$35 CP / 50% | * \$50 CP / 50% | * \$35 CP / 50% | 10070 - 10070 | | | |
| | φου στ 7 ου 70 | φου στ 1 συ/υ | ψ00 O1 / 00/0 | | | | |
| PHYSICIAN CARE | 1 + 407 07 / 4 700/ | | | After Deductible | | | |
| Office Visit | * \$25 CP /* 50% | * \$25 CP / 50% | * \$25 CP / * 50% | 100% - 100% | | | |
| Specialist | * \$35 CP / 50% | * \$50 CP / 50% | * \$35 CP / * 50% | 100% - 100% | | | |
| Naturopath Office Visit | * \$25 CP /* 50% | * \$25 CP / 50% | * \$25 CP / * 50% | 100% - 100% | | | |
| LAB, X-RAY | 80% / 50% \$500 Benefit 100% | * 80% / 50% | 70% / 50% \$500 Benefit 100% | 100% - 100% | | | |
| HIGH TECH IMAGING | 80% / 50% | 80% / 50% | 70% / 50% | 100% - 100% | | | |
| AMBULANCE SERVICES | 80% | 80% | 70% | 100% - 100% | | | |
| DURABLE | | | | 100% - 100% | | | |
| MEDICAL EQUIPMENT | 80% / 50% | 80% / 50% | 70% / 50% | 100% - 100% | | | |
| MENTAL HEALTH & CHEMICAL DEPENDENCY | | | | After Deductible | | | |
| Outpatient Provider Visit | * \$25 CP /* 50% | * \$25 CP / * 50% | * \$25 CP / * 50% | 100% - 100% | | | |
| Inpatient & Residential Care | 80% / 50% | 80% / 50% | 70% / 50% | 100% - 100% | | | |
| | | | | | | | |
| ACCUPUNCTURE | * \$25 CP / N/A | \$25 CP / N/A | * \$25 CP / N/A | \$25 CP / N/A | | | |
| SPINAL MANIPULATION | \$25 CP / N/A \$1,000 Annual Max. | \$25 CP / N/A \$1,000 Annual Max. (After Ded.) | \$25 CP / N/A \$1,000 Annual Max. | \$25 CP / N/A \$1,000 Annual Max. (After Ded.) | | | |
| PRESCRIPTION DRUGS | NI/A | NI/A | NI/A | 500/ D 6/4 N - D 1 | | | |
| Safe Harbor Drugs (H.S.A. Only) Preventive Drugs | N/A * \$0 CP | N/A * \$0 CP | N/A * \$0 CP | 50% Benefit No Ded. 100% Benefit | | | |
| Preferred Generic | * \$15 CP | * \$15 CP | * \$15 CP | 100% Benefit | | | |
| Generic | * \$20 CP | * \$20 CP | * \$20 CP | 100% Benefit | | | |
| Formulary Brand Name | * \$45 CP | * \$45 CP | * \$45 CP | 100% Benefit | | | |
| Non Formulary Brand Name | * 50% CP | * 50% CP | * 50% CP | 100% Benefit | | | |
| Must Use Network Pharmacies | 00 /0 01 | 30/0 01 | 00/001 | After Deductible | | | |
| PPO NETWORK | Providence Signature | Providence Signature | Providence Signature | Providence Signature | | | |
| MONTHLY PREMIUMS | GOLD | GOLD CONNECT | SILVER | BRONZE H.S.A. | | | |
| Employee | \$769.09 | \$563.40 | \$597.52 | \$525.26 | | | |
| Employee/Spouse | \$1,617.67 | \$1,184.04 | \$1,255.98 | \$1,103.66 | | | |
| Employee/Child(ren) | \$1,496.71 | \$1,095.57 | \$1,162.12 | \$1,021.21 | | | |
| Employee/Family | \$2,309.54 | \$1,690.07 | \$1,792.84 | \$1,575.23 | | | |
| | | | The second secon | | | | |



Multnomah Bar Association Medical Benefits (Kaiser)

Rates Effective: 4/1/2016 - 3/31/2017



CP Means Copay / Benefits Shown Below With An * Means The Deductible Does Not Apply
Deductible Is Based On A Calendar Year / Deductible Does Not Apply To Benefits With *

Out-of-Pocket Maximum Is Based On A Calendar Year / Deductble, Copays and Coinsurance All Apply

To View Detailed Summaires of Each Plan Go To: www.aktadvisors.com/mba. Questions - Call 503-716-9328 or 503-716-9329

| www.aktadvisors.com/mba | GOLD | GOLD PPO | SILVER | BRONZE | BRONZE H.S.A |
|---|----------------------------------|-----------------------------------|----------------------------------|------------------------|------------------------|
| PREVENTIVE & WELLNESS | Kaiser Only | Kaiser - PPO - Other | Kaiser Only | Kaiser Only | Kaiser Only |
| All Preventive Services As Required by Federal Law | * 100% / Not Cov. | * 100% / 70% / 60% | * 100% / Not Cov | * 100% / Not Cov. | * 100% / Not Cov. |
| ANNUAL DEDUCTIBLE | | | * | | |
| Per Person | \$1,000 | \$1,000 / \$2,000 / \$3,000 | \$1,500 | \$3,000 | \$4,000 |
| Per Family | \$3,000 | \$3,000 / \$6,000 / \$9,000 | \$4,500 | \$9,000 | \$8,000 |
| OUT OF POCKET MAXIMUM | | | | | |
| Per Person | \$4,000 | \$4,000 / \$6,000 / \$7,500 | \$5,000 | \$6,850 | \$6,550 |
| Per Family | \$12,000 | \$8,000 / \$12,000 / \$15,000 | | \$13,700 | \$13,100 |
| HOSPITAL CARE | | | - | | |
| Inpatient Care | 80% | 80% / 70% / 60% | 80% | 80% | 80% |
| Emergency Room Hospital | 80% | \$200 CP | 80% | 80% | 80% |
| | | | · | | |
| PHYSICIAN CARE | + 40F OD | + 405 OD (+ 405 OD (000) | + ACE OB | + *** OP | 2201 |
| Office Visit | * \$25 CP | * \$25 CP / * \$35 CP / 60% | * \$25 CP | * \$30 CP | 80% |
| Specialist | * \$35 CP | * \$35 CP / * \$45 CP / 60% | * \$35 CP | * \$40 CP | 80% |
| LAB, X-RAY | * \$25 CP | * \$25 CP / * \$35 CP / 60% | * \$25 CP | * \$30 CP | 80% |
| HIGH TECH IMAGING | * \$100 CP | * \$100 CP / * 70% CP / 60% | | * \$100 CP | 80% |
| AMBULANCE SERVICES | 80% | 80% (After Ded.) | 80% | 80% | 80% |
| DURABLE MEDICAL EQUIP. | 80% | 80% / 70% / 60% | 80% | 80% | 80% |
| MENTAL HEALTH & CHEMICAL DEPENDENCY | | | | | |
| Outpatient Provider Visit | * \$25 CP | * \$25 CP / * \$35 CP / 60% | * \$25 CP | * \$30 CP | 80% |
| Inpatient & Residential Care | 80% | 80% / 70% / 60% | 80% | 80% | 80% |
| ALTERNATIVE PROVIDERS | * \$20 CP \$1,500 Annual Max. | * \$20 CP \$1,500 Annual Max. | * \$20 CP \$1,500 Annual Max. | N/C | N/A |
| VISION | | | | | |
| Exam | * \$25 CP | * \$25 CP | * \$25 CP | * \$30 CP | 80% |
| Lenses & Frames | \$150 Allowance | \$150 Allowance | \$150 Allowance | \$150 Allowance | \$150 Allowance |
| PRESCRIPTION DRUGS | | Kaiser / Med Impact | | | |
| Generic | * \$20 CP | * \$20 CP / * \$25 CP | * \$20 CP | * \$20 CP | \$15 CP |
| Formulary Brand Name | * \$40 CP | * \$40 CP /* \$50 CP | * \$40 CP | * \$40 CP | \$30 CP |
| Non Formulary Brand Name | * \$60 CP | * \$60 CP /* \$70 CP | N/A | N/A | (after deductible) |
| NETWORK | Kaiser/Portland Clinic | Kaiser/Prtld Clinic, First Choice | Kaiser/Portland Clinic | Kaiser/Portland Clinic | Kaiser/Portland Clinic |

Medical premiums shown include a \$3.25 per employee administrative charge, \$1.50 of which goes to the MBA.

| MONTHLY PREMIUMS | GOLD | GOLD PPO | SILVER | BRONZE | BRONZE H.S.A. |
|---------------------|------------|------------|------------|------------|---------------|
| Employee | \$660.24 | \$687.22 | \$557.76 | \$506.88 | \$344.44 |
| Employee/Spouse | \$1,317.22 | \$1,371.19 | \$1,112.27 | \$1,010.50 | \$685.62 |
| Employee/Child(ren) | \$1,304.08 | \$1,357.51 | \$1,101.18 | \$1,000.43 | \$678.80 |
| Employee/Family | \$1,974.21 | \$2,055.16 | \$1,666.78 | \$1,514.13 | \$1,026.81 |



Multnomah Bar Association Dental & Vision Benefits Dental & Vision Benefits



Rates Effective: 4/1/2016 - 3/31/2017

Any dental plan may be added to any medical plan.

A vision benefit is included with the Kaiser medical plan.

MODA dental includes VSP coverage.

Willamette dental can be purchased with or without VSP.

March open enrollment is the only time a person can enroll in or terminate dental and vision coverage.

To View Detailed Summaires of Each Plan Go To: www.aktadvisors.com/mba. Questions - Call 503-716-9328 or 503-716-9329

| | MODA | WILLAMETTE | KAISER |
|-----------------------------------|--------------------|--------------------|-------------------|
| DENTAL PLAN | DENTAL | DENTAL | DENTAL |
| Calendar Year Deductible | \$50 Per Person | \$0 | \$0 |
| Max Calendar Year Benefit | \$2,000 Per Person | No Annual Maximum | No Annual Maximum |
| (Ded Waived for Preventive) | PPO - NON | \$10 Copay | \$10 Copay |
| Preventive Treatment | 100% - 80% | 100% | 100% |
| Restorative | 80% - 80% | 100% | 100% |
| Oral Surgery | 80% - 80% | \$80 Copay | 100% |
| Root Canal | 80% - 80% | \$85 - \$140 Copay | 50% |
| Crowns | 50% - 50% | \$250 Copay | 50% |
| Orthodontia (Adults and Children) | 50% - 50% | \$1,500 Copay | 50% |
| ACA Pediatric Dental Benefit | Covered | Not Covered | Not Covered |
| Lifetime Max Ortho Benefit | \$2,000 | None | \$2,000 |

| Copay | P) Can Be Added To Either M VSP Provider | Non VSP |
|----------------------|--|---------------------|
| Exams 1/12 mos. | \$25 per person | \$25 per person |
| Lenses 1/12 mos | No Charge ** | Up to \$50 Benefit |
| Frames 1/12 mos | No Charge ** | Up to \$70 Benefit |
| Contacts | Standard Allowance | Up to \$105 Benefit |
| Contacts if Required | No Charge ** | Up to \$210 Benefit |

| Monthly Premiums | MODA DENTAL & VSP | WILLAMETTE VSP | WILLAMETTE DENTAL ONLY | KAISER DENTAL ONLY |
|---------------------|-------------------|----------------|---------------------------|-----------------------|
| Employee | \$66.09 | \$58.85 | \$51.35 | \$62.66 |
| Employee/Spouse | \$117.73 | \$102.22 | \$91.65 | \$125.33 |
| Employee/Child(ren) | \$147.49 | \$125.86 | \$114.95 | \$124.08 |
| Emplyoee/Family | \$192.89 | \$167.72 | \$150.15 | \$187.99 |

Questions - Call AKT Benefit Advisors at 503-716-9328 or 503-716-9329





Parts of Medicare • A Hospital • B Physicians • C Medicare Advantage • D Prescription Drug Benefit

Original Medicare

- No Benefits while traveling outside the USA
- Deductibles and co-insurance
- Part A Per Admission Deductible \$1288 (first 60 days in 2016)
- Part B Annual Deductible \$166 in 2016
- Part B Coinsurance 20% Unlimited liability for you

Cost For Medicare

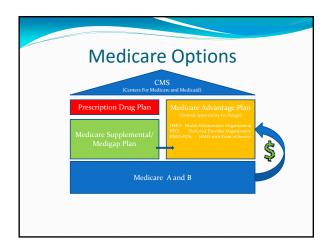
- A Paid with Medicare taxes when working
- B \$121.80 for new 2016 beneficiaries (base price) (2017 Premium has not been released to date)
- C You choose the cost based on plan you purchase
- D Cost also depends on plan you choose
 - * If individual income is over \$85,000 your part B and now also Part D cost may be higher.

2017 Part D-IRMAA

| Individual Tax Returns | Joint Tax Returns | Applicable Percentage | Part D-IRMAA |
|--|--|--------------------------|--------------|
| Less than or equal to \$85,000 | Less than or equal to \$170,000 | N/A | \$0.00 |
| Greater than \$85,000 and less than or equal to \$107,000 | Greater than \$170,000 and less than or equal to \$214,000 | 35% | \$13.30 |
| Greater than \$107,000 and less than or equal to \$160,000 | Greater than \$214,000 and less than or equal to \$320,000 | 50% | \$34.20 |
| Greater than \$160,000 and less than or equal to \$214,000 | Greater than \$320,000 and less than or equal to \$428,000 | 65% | \$55.20 |
| Greater than \$214,000 | Greater than \$428,000 | 80% | \$76.20 |

Health Care Reform

- Medicare beneficiaries will NOT need to enroll on the Federal Marketplace called Healthcare.gov.
- Healthcare.gov is for individuals NOT on Medicare or group insurance.





| Deductible | Initial Coverage Limit \$3700 | Donut Hole or Gap *\$4950 (*Goes towards Gap) | | 4 Catastrophic | |
|--------------------|--|---|---------------------------------|-------------------------------------|---|
| * | * | *9 | o % BRA | ND | |
| The Amount You pay | Copays during your | 40% Member | 50% Pharmacy MFR Discount | 10% Insurance Company pays | You pay 5% Through |
| before | benefit | *5 | *51% Generic | | |
| Your | | *Co-pays and Percentages that member paid | | | \$8.25 brand \$3.30 generic Whichever is greater |
| Benefit starts | | | Deductib | | |

Changes to the percentage you pay You'll pay this percentage for brand-name drugs in the coverage gap 2015 45% 65% 2016 45% 58% 2017 40% 51% 2018 35% 44% 2019 30% 37% 2020 25% 25%

Pharmacy Transition and Management

- First 90 days of membership you are allowed to receive up to a 90 day supply of nonformulary medication in 3 30 day supply orders at a network pharmacy while transitioning to a drug on the formulary
- PA = Prior Authorization
- QL = Quantity Limit
- ST = Step Therapy
- What do these mean????

Annual Election Period

- We can talk about the changes beginning 10/1/2016.
- We can accept enrollment paperwork 10/15/2016 through 12/7/2016 for a 1/1/2017 effective date.



Special Enrollment Periods (SEP)

- Low Income Subsidy (LIS)
- Move to a different county with other options
- Lose or drop active employer coverage
- Plan Termination or Non-renewal SEPs
 - Non-renewal or Plan terminations allow a beneficiary to shop for a replacement plan in Oct, Nov, Dec and Jan.
 - Enrollment forms received in October through December will be effective Jan 1, 2017
 - Enrollment Forms received in Jan will be effective Feb. 1, 2017.

Working Medicare Eligibles

• Medicare Eligible and still working????

You will want to reach out to a trusted advisor regarding your responsibilities under Medicare while working

Your Group Insurance Plan must meet Medicare guidelines

When you Retire, COBRA may not be the best option



- Willamette Valley Benefits, Inc. 503-659-5566
 - Toll Free 1-888-944-4644
 - Thank you from everyone at
 - Willamette Valley Benefits!!!

Welcome

Mary Osborn, CFBS, CLTC

Long-Term Care Specialist mary@maryosborn.com

About Mary Osborn



Over 30 years of experience in the financial services and insurance industry

Nearly 16 years of experience exclusively specializing in long-term care planning

Became an advocate for planning from her own personal experience with her mother's care

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What Long-term care is NOT...

A condition or a place, but a life-changing event that would have devastating consequences to your loved ones and your ability to keep financial promises during retirement.

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Long-term care is...

Either providing physical help with the basic activities of daily living (ADL's)

bathing, dressing, transferring from a bed to a chair, toileting, continence or eating

Or providing supervisory help with someone who has severe dementia, like Alzheimer's.

maryosharn_{er}

Long-term care...

Causes of long-term care Injury due to accident Chronic health condition Cognitive Impairment



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Most care provided in the home

Alternative care options:

Adult day care

Adult family/foster care homes

Assisted living facilities

Nursing homes or memory care homes

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Living a long life could well be in our future...

Planning for it is now a necessity

maragesborn,



Benefits of long-term care planning Protects your family "Long-term care doesn't happen to you. It happens to the people you love." Harley Gordon

Long-term care insurance

Bridges the gap between
Health/Medicare insurance
Focus on prevention, diagnosis,
treatment and restoration



Long-term care insurance

Chronic disability, prolonged illness, cognitive impairment, normal aging frailties

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Benefits of Long-term care insurance

Protects your retirement plan Provides separate stream of income to pay for extended health care



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Long-term care insurance

Provides a variety of services over an extended period of time

Personal care, homemaker services, home health aide, physical therapy and skilled nursing care

Provides care in a variety of settings

Personal home, adult family homes, adult daycare, assisted living, nursing or memory care homes

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Ways to fund Long-term care

Self-insure

Use personal savings and investments to pay for care Government Programs

Medicare

Does <u>not</u> cover long-term care

Medicaid

Impoverishment

Insurance

Transfer the risk and spend the insurance company's money

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Fund a Long-term care plan with Insurance

Traditional Plans

Asset-Based Solution

Pay Monthly/Annual Premium Until You Use It

Annuity or Life Insurance with LTC Benefit

Most Efficient LTC Insurance Plan

Leverage Your Money

Use It or Lose It

Leave a Legacy to Your Beneficiary

Premiums Not Guaranteed

Qualified Partnership Plan

Not a Qualified Partnership Plan

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Factors that determine your premium

Your Age

Your Relationship Status

Your Health

Selected Plan Benefits



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Customized benefits Monthly benefit amount Policy reimburses up to monthly benefit amount Benefit maximum Number of years the policy pays once you qualify for care Pool of money available for care Traditional policy—limited by number of years Linked-benefit policy—unlimited option available Waiting period (Elimination Period) Number of days you must pay for care before eligible to be on claim Inflation Protection Your benefits grow each policy anniversary rosborn... **Built-in benefits** Waiver of Premium Traditional LTCi Premiums waived once you begin receiving benefits Care coordination Experienced Care Professional to work with you, your doctor and your family to customize your care plan Available with both types of plans Colon Salarina Optional benefits with Traditional LTCi Shared Care (available with some asset-based products) Allows couples to share each other's long-term care benefits Waiver of Spousal Premium When one is on claim, the spouse's premium is also waived Waiver of Elimination Period for Home Care

No waiting period for home care (built-in w/ some carriers)

Premiums paid into policy returned to beneficiary at death of

Return of Premium

insured

Duration of care needed

Men need care on average for 2.2 years

Women need care on average for 3.7 years

Alzheimer's patient's average 7 to 12 years



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How do I qualify to receive my benefits?

Your doctor certifies that you are chronically ill and need assistance with either:

2 out of 6 activities of daily living (ADL's)
Bathing, transferring, toileting, dressing, continence, or eating

you require special supervision due to a cognitive impairment, memory loss, confusion or loss of reasoning



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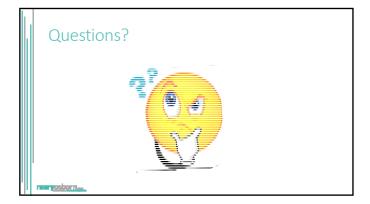
| | Qualified Long-Term Care Partnership Plan Traditional Long-Term Care Insurance only Provides a dollar for dollar asset protection Each dollar a partnership plan pays out, allows you to protect a dollar of your own assets. If your insurance benefits run out, then you can apply to Medicaid to pay for the rest of the care. Private insurance pays first, then Medicaid acts as a safety net by providing benefits on the back end | |
|---|--|---|
| | | |
| Щ | nengijorn _{es} . | |
| | | |
| | How a Qualified Partnership Policy works Years after purchasing a Qualified Partnership policy with compound inflation, Grace has a total lifetime benefit of \$800,000. | |
| | Grace needs long term care so her policy pays out \$800,000. Her coverage is exhausted, but Grace continues to need care. | |
| | So she applies for Medicaid to cover the remainder of her nursing home stay. | |
| | | |
| | How the Asset Protection works \$825,000 Grace's Total asset base | |
| | -\$800,000 Amount Grace received in LTCi Benefits | - |
| | -\$ 2,000 Assets permitted by Medicaid | |
| | \$ 23,000 Amount required to pay towards her care | |
| | \$802,000 Amount Grace can keep and pass on to her family | |

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The next steps

Decide on a plan design
Traditional vs. Asset-Based Plan
Monthly Benefit Amount
Benefit Maximum
Waiting Period
Inflation Protection
Complete application process

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Thank you

Mary Osborn, CFBS, CLTC

Long-Term Care Specialist mary@maryosborn.com



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Oregon's Long-Term Care Qualified Partnership Program

Oregon has established a partnership among the Department of Human Services (DHS), the Department of Consumer and Business Services, and some private long-term care insurers to offer special long-term care (LTC) insurance policies that entitle policy holders to asset protection. The policies will be available beginning Jan. 1, 2008. These policies must meet certain state and federal requirements. A qualified partnership policy (QPP) may be entitled to special asset protection under Oregon's Medicaid program.

The information contained in this disclosure is based on current Oregon and federal laws. These laws may change. Any change in law could reduce or eliminate the beneficial treatment of your policy under Oregon's Medicaid program.

What is special about a QPP?

Even after receiving LTC insurance payments, some people have to apply for Medicaid. If you purchase a QPP, you may qualify for Medicaid and keep more assets than other Medicaid clients. Assets include money in the bank, investments, and real property. Generally, people qualify for Medicaid when they have assets of \$2,000 or less. A QPP allows you to keep assets equal to the amount of LTC insurance benefits you received. Also, a QPP protects your inheritance in the same amount. For example, if your QPP paid \$50,000 for your LTC before you applied for Medicaid, you would get to keep both \$2,000 and \$50,000 and still be eligible for Medicaid. Medicaid would collect \$50,000 less from your estate, if that amount is still in your estate when you die.

A QPP does not automatically make you eligible for Medicaid. All other Medicaid criteria will still apply, including home equity limits that may make you ineligible for Medicaid. Contact DHS if you have Medicaid eligibility questions.

Does the QPP status of a policy ever change?

A QPP is required to meet certain state and federal requirements. If you decide to purchase a policy and then make changes later, confirm with your insurance agent that the changes will not affect the QPP status. If you move out of Oregon, a QPP may protect assets for Medicaid in another state, but only if that state recognizes your policy as a partnership policy under its federally approved partnership program.

How do I make sure I get a QPP and not just a regular LTC insurance policy?

Not all LTC policies are QPPs. Let your insurance agent know that you want a QPP, and he or she will make sure that you purchase one. Your insurance carrier will provide a written verification that your policy is a partnership policy when you receive it.



CLTC One Page 2016 Tax Summary Tax Qualified Long-Term Care Insurance (LTCi)

| Type of Taxpayer | Deduction o | Taxation of Benefits | | |
|--|--|---|--|--|
| Individual taxpayer who does NOT itemize deductions | No LTCi premium deduction available | | | |
| Individual taxpayer who itemizes deductions | premium amounts IRC §§213(d)(1) Eligible LTCi premium in 2016: Attained age in tax year Age 40 or less Age 41 – 50 Age 51 – 60 Age 61 – 70 Age 71 and older Medical expense deduction is allow (including payment of eligible LTCi pr | actual premium paid or eligible LTCi (D), 213(d)(10) Limitation on premiums \$390 \$730 \$1,460 \$3,900 \$4,870 vable to extent that such expenses | Reimbursement benefits are not included in income. IRC §§104(a)(3), 7702B(a)(2) | |
| MSA & HSA | Eligible LTCi premium is considered a IRC §213(d)(1)(D) | Per diem (indemnity) benefits are not included in income, except those amounts which exceed the greater of: | | |
| Employee (non-owner) | LTCi premium paid by employee: Deductible by employee who item May NOT be paid through a cafet May NOT be paid through an FSA LTCi premium paid by employer: Employer provided LTCi is treated IRC §7702B(a)(3) Deductible by employer (subject to IRC §162(a) Total (not eligible) LTCi premium income IRC §106(a) | • Total qualified LTC expenses • \$340 per day (in 2016) IRC §§7702B(d)(4)), 7702B(a)(2), 7702B(d) Non-forfeiture benefits (return of premium benefit): • Available only upon total surrender or death | | |
| C-Corporation (shareholder/employee with W-2) | Treated as "Employee" (see above) | | | |
| Sole-Proprietor S-Corporation (greater than 2% shareholder with W-2) | "above the line" Line 29 of IRS Form | er of actual LTCi premium paid or eligible LTCi premium (1)(D), 213(d)(10) | | |
| Partnership (any %) Limited Liability Corporation (LLC) is a legal, not a tax filing - ask how the entity files | Attained age in tax year Age 40 or less Age 41 – 50 Age 51 – 60 Age 61 – 70 Age 71 and older Deduction is NOT limited to 10% of A | \$390 \$730 \$1,460 \$3,900 \$4,870 | IRC §7702B(b)(2)(C) | |

The information contained in this summary is provided with the understanding that it is not to be interpreted as specific legal or tax advice. Neither The Corporation for Long-Term Care Certification, Inc. nor any of its employees or representatives is authorized to give legal or tax advice. Individuals are encouraged to seek the guidance of their own personal legal or tax counses 3