

Home Care Aide Francis Ames from Darrington, Wash., receives benefits through the SEIU 775 Benefits Group.



## We are More Than Just Health Insurance

The SEIU 775 Benefits Group, a Taft-Hartley Trust formed by the SEIU 775 and participating employers, including the State of Washington, is responsible for providing medical, prescription drug, vision, and dental benefits to long-term care workers (Home Care Aides) in Washington and Montana. These benefits are provided to Home Care Aides through the Washington State Legislature, which funded the development of the Benefits Group in 2005.

Currently, there are approximately 40,000 Home Care Aides working in Washington and Montana, 15,000 of whom are enrolled for benefit coverage through the Benefits Group. The Benefits Group operates as both a purchaser of benefits and a health improvement entity, working with Group Health Cooperative and Kaiser Permanente to provide high-value health insurance benefits.

### These are some of the ways the Benefits Group provides high access, value, and quality healthcare:

- The SEIU 775 Benefits Group is a purchaser of healthcare for many Home Care Aides that effectively addresses population-specific needs of SEIU 775 long-term care workers.
- The SEIU 775 Benefits Group develops and supports a healthy workforce that is able to meet the current and future demand of long term care Consumers.
- We are engaging Home Care Aides in taking charge of their own health. Through our Care Begins With You campaign, Home Care Aides are sharing their own health improvement stories related to accessing mental health, dental care, avoiding unnecessary emergency room use, and choosing wisely where to access care.
- The SEIU 775 Benefits Group partners with innovative carriers that provide population-based, fully integrated care in an effort to reduce overall healthcare costs.



From our "Care Begins With You" Public Service Announcement educating Home Care Aides on the cost between the ER and Urgent Care. Watch at [myseiu.be/UCPSA](http://myseiu.be/UCPSA)



### Managing For Results

Through our partnership with our carriers, we have controlled costs.

Member ER visits reduced by

↓ 27%

Member hospital admittance reduced by

↓ 14%

Member primary care visits increased by

↑ 24%

HCA member statistics from 2014 Testimony of David Grossman, M.D., M.P.H., Group Health Cooperative to U.S. Senate Committee on Health, Education, Labor and Pensions.

## SEIU 775 Benefits Group

### Health Benefits Board

#### VISION

Our vision is a world where long-term care workers and their families are healthy, happy, and inspiring health in their homes and communities.

#### MISSION

Our mission is to champion innovative health care programs and coverage that improve the health of long-term care workers so they can deliver high quality care.

#### LEADERSHIP

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#### PARTNERS

AAA Residential  
Addus Healthcare  
Amicable Healthcare Inc.  
Catholic Community Services of Western Washington  
CDM Services  
Chesterfield Health Services  
Coastal Community Action Programs  
Concerned Citizens  
Home Care Services of Montana  
Korean Women's Association  
Olympic Community Action Council  
ResCare of Washington Inc.  
Senior Life Resources Northwest Inc.  
State of Washington  
Washington Health Alliance  
Washington State Health Care Authority

#### CONTACT

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# We are Driving Down the Cost of Healthcare

The SEIU 775 Benefits Group is a nonprofit organization dedicated to improving the access and value of healthcare and improving the health of low-wage Home Care Aides who have:

- a history of little or no health insurance, whom the Benefits Group empowers to reset "where I go for what" utilization habits.
- higher-than-average rates of chronic disease, like diabetes, depression, and cardiovascular disease.
- no central work site, for whom the Benefits Group provides unique online and localized engagement and support programming.

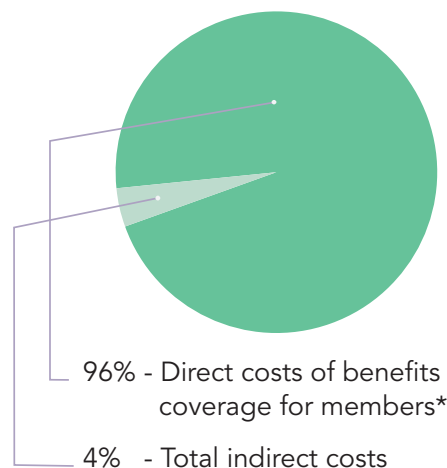


Home Care Aides attend a 2014 Care Begins With You Health Fair where they shared resources for healthy eating, workplace safety and accessing benefits.

## We Are a Low Admin Benefits Provider

The SEIU 775 Benefits Group is a nimble nonprofit, which means resources go directly to serving Home Care Aides with high-quality, high-value health coverage and support.

### Group Health Utilization Data

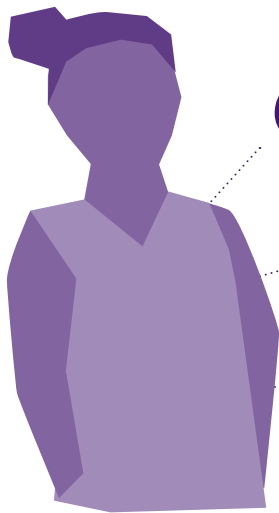


\*FY15 Plan Costs

*Home Care Aide Monique Taylor Swan, a SEIU 775 Benefits Group member and board trustee.*

## Understand Our SEIU 775 Benefits Group Members

The SEIU 775 Benefits Group provides high-quality, high-value health coverage and support to approximately 40,000 Home Care Aides. Here is a demographic snapshot of our members.



**60%** 46-64 YEARS OLD

**83%** WOMEN

**80%** INDIVIDUAL PROVIDERS



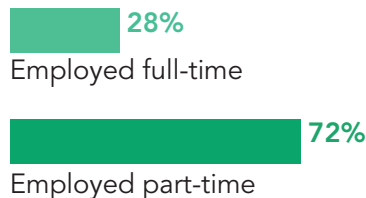
**20%** of Home Care Aides were born outside of the U.S.

### Education

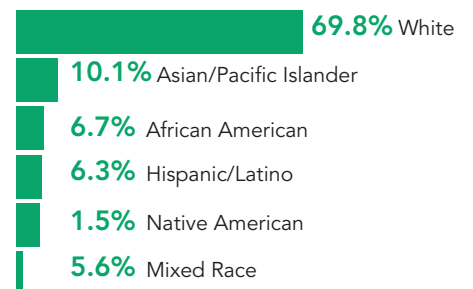


**64.7%** Some college or advanced degree  
**35.3%** High school or less

### Employment Status



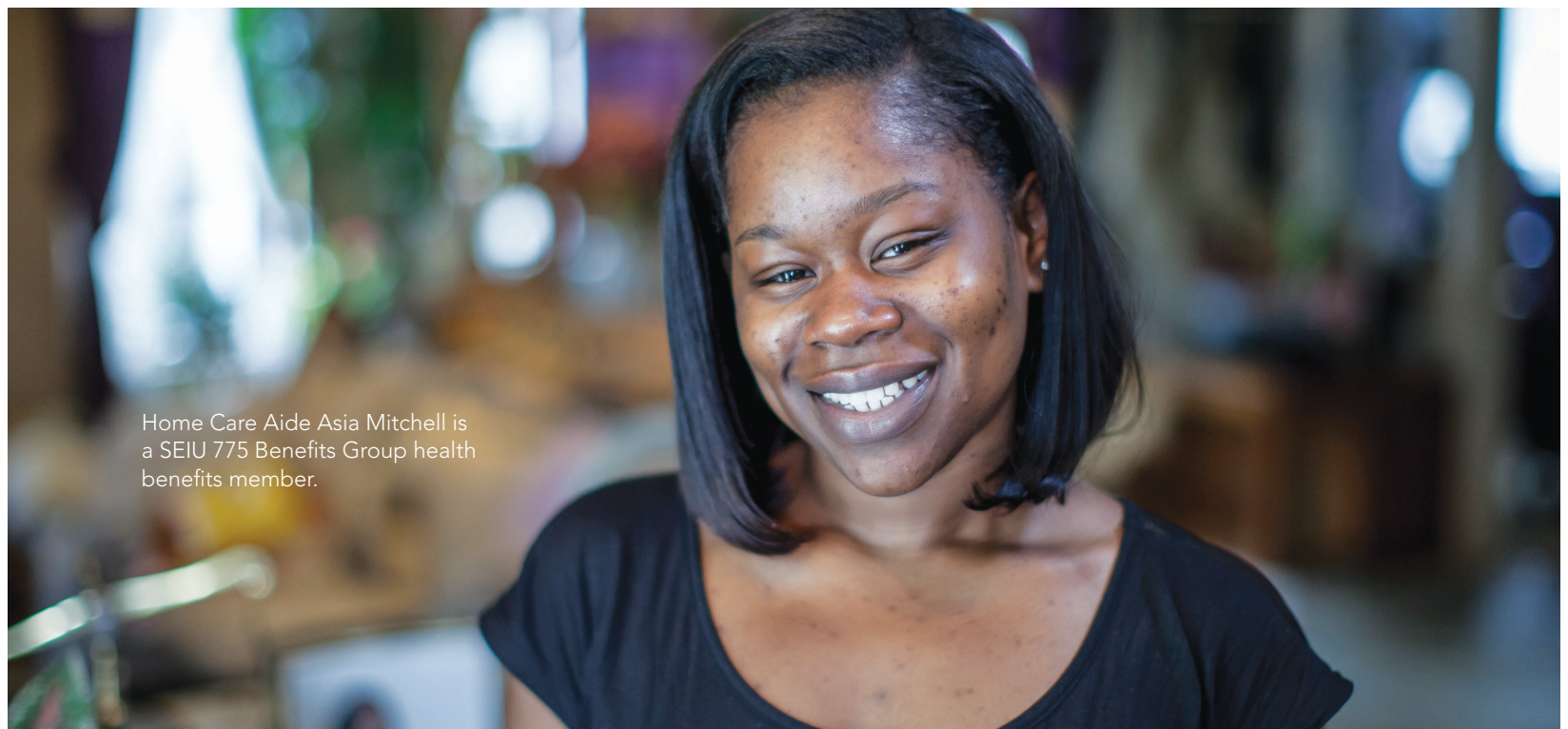
### Race



Source: Group Health Benefits Follow-up Report, June 2014, 2015 SEIU 775 Benefits Group online survey and SEIU 775 demographics survey, 2012.

### Contact

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Home Care Aide Asia Mitchell is a SEIU 775 Benefits Group health benefits member.

## Home Care Aides share how they use their health coverage

For Home Care Aides who provide high-quality care to others, it can feel like there is little time to take care of themselves. In our health improvement initiative, "Care Begins With You," Home Care Aides share their health care stories.



### Asia - Home Care Aide, Seattle, WA

Asia had trouble finding the time to care for her client, her child, her home, and, most importantly, herself. So, she completed her Health Profile at Group Health to help create a self-care schedule. Now she exercises with her son and does yoga twice a week. "Working on myself and doing preventive care, really helps me," she says. "If I don't keep my body up, then I won't be able to provide the type of care that I provide for the client."



### Phil - Home Care Aide, Lakewood, WA

Phil was experiencing discomfort in his shoulder so he made an appointment with his Primary Care Provider for an office visit. After paying his \$15 copay, Phil's PCP gave him a stress test because he was concerned about his heart. His PCP determined he needed an angiogram and sent him into quadruple bypass surgery. The surgery cost \$100,000, but because he has insurance through SEIU 775 Benefits Group, Phil's out of pocket expense, including his \$15 copay, was only \$80 with tests.



### Eva - Home Care Aide, Monroe, WA

Eva makes sure she has her teeth cleaned every six months - for her own health and to model dental care for her consumer. "He knows I care for my teeth, and he knows that he should do the same," she says. "When I can no longer care for my consumer he'll have learned the habits for healthy teeth, and can tell somebody else, 'It's time for me to get my teeth cleaned,' or, 'It's time for me to go to the doctor and have my medications checked.'"