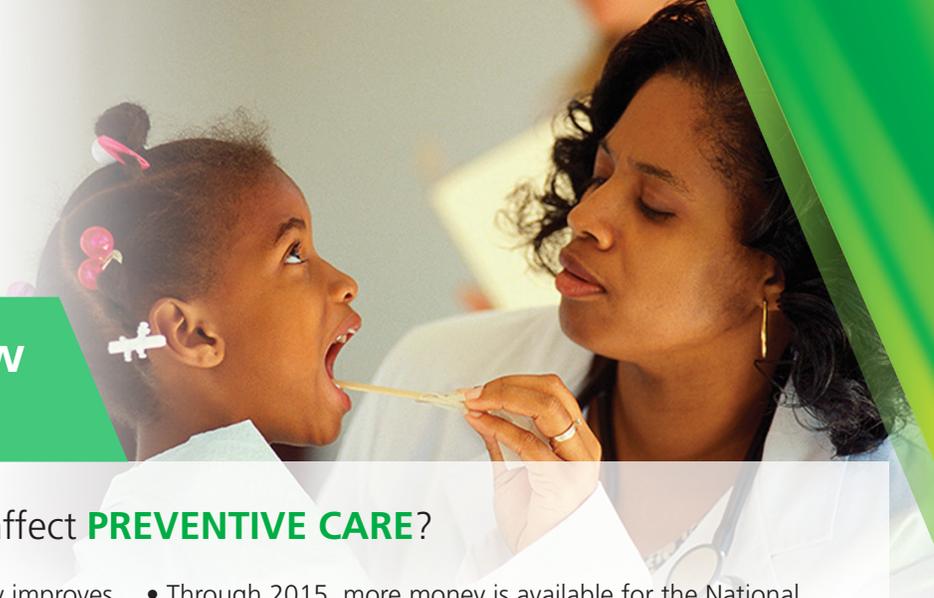


# INTERACT FOR HEALTH

A Catalyst for Health and Wellness

## The New Healthcare Law and You



### How will the new healthcare law affect **PREVENTIVE CARE?**

Preventing health problems or catching them early improves long-term health, reduces disability and may also lower long-term costs. The Affordable Care Act (ACA) makes changes so that preventive healthcare is more accessible and affordable.

#### **TODAY ...**

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- New private health insurance plans and Medicare must cover 100% of the cost of many preventive services. These include immunizations, colorectal and breast cancer screenings, depression screening, well-child and baby visits and obesity counseling. For a full list of services visit [healthcare.gov](http://healthcare.gov).
- Chain restaurants and vending machines must list the number of calories in menu items.
- Federal grants can help small businesses start workplace wellness programs. The goal is to get workers to make healthy lifestyle choices such as improving nutrition and exercising more.



- Through 2015, more money is available for the National Health Service Corp. (NHSC). It gives financial incentives to healthcare professionals to work in underserved areas.
- Medicare is giving financial incentives to primary care workers to work with chronically ill Medicare patients in their homes. The goal is to prevent hospital and nursing home admissions.
- Medicaid and Medicare patients can join an Accountable Care Organization (ACO). ACOs are groups of doctors, hospitals and other providers who coordinate care. ACOs will get bonuses if they keep you healthy while saving money.
- Employees who take part in workplace wellness programs may get up to a 30% discount on their insurance premiums.
- Medicare is reducing payments to hospitals whose patients come back within 60 days for preventable issues such as infections or pneumonia. Medicare will still pay for your care and the hospital will still be required to care for you. The lower payments will simply encourage better care after you leave the hospital to help make sure you do not end up back in the hospital.

#### **STARTING IN 2013 ...**

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- Medicaid programs that cover 100% of the cost of preventive services will get more federal funds.
- Medicare will pay hospitals a bonus if they have low readmissions.
- Medicare will pay hospitals and doctors bonuses if they develop programs to coordinate your care during and after your hospital stay.

#### **STARTING IN 2014 ...**

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- All Medicaid programs must cover approved over-the-counter drugs to help you stop smoking.

## How will the new healthcare law affect **preventive care**? (cont'd)

### ALSO ...

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In addition to these changes, the ACA created:

- **The National Prevention, Health Promotion, and Public Health Council**

It developed a national health prevention strategy. It identified ways to:

- Improve access to primary healthcare
- Integrate behavioral and primary healthcare
- Increase prevention research
- Improve disease monitoring
- Prevent obesity.



- **The Prevention and Public Health Fund**

It will work with the National Prevention, Health Promotion, and Public Health Council to provide more money to prevent, detect and manage diseases. It will pay for:

- Public health wellness activities (such as reducing tobacco use and obesity)
- Health screenings
- The training of nurses and doctors.

- **Community Transformation Grants**

They will help communities improve access to healthy foods, increase physical activity, encourage people to stop smoking, increase vaccination rates and reduce healthcare gaps.

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*This is part of a series about the new health care law — the Affordable Care Act. For more information, visit [reform.interactforhealth.org](http://reform.interactforhealth.org)*

*Interact for Health, formerly The Health Foundation of Greater Cincinnati, improves the health of people in the Cincinnati region by being a catalyst for health and wellness. We accomplish our mission by promoting healthy living through grants, education and policy. Interact for Health is an independent nonprofit that serves 20 counties in Ohio, Kentucky and Indiana.*

