



## Weekly Bulletin – February 3, 2023



### WHAT'S NEW THIS WEEK?

#### **Florida Alliance's 30th Annual Conference – *Blueprint for Change – Best Care at a Transparent and Fair Price***

**April 19, 2023 • 7:30AM – 5:00PM**

We're pleased to announce **Scott Conard, MD, Chief Medical Director for the National Alliance, and Founder and Partner, Converging Health**, as a confirmed speaker for our Annual Conference. Dr. Conard will speak about his new book "Which Door – A Parable for Corporations to Solve the Costs of Healthcare in the US."



*Scott Conard, MD*

**Registration for this event will open soon!** Click [here](#) to visit our Annual Conference webpage for more information. **Emails will be sent to our main contact for each employer with codes for three complimentary registrations per organization.**

#### **RAND 5.0 Hospital Price Transparency Study Underway**

Round 5 of the RAND Hospital Price Transparency Study is underway! If you are unfamiliar with this study, please read the frequently asked questions (FAQs) by clicking [here](#).



Last year RAND worked hard on renewing the requisite Data Use Agreements (DUAs), and they are working on completing those agreements as soon as possible. **Now it's time for each employer to officially notify us as to whether they intend to participate in this study for the claims period 1/1/2020 through 12/31/2022.**

While the FAQ's ask you to contact RAND, we would prefer you contact both [Ashley Tait-Dinger](#) and [Tish Middleton](#) to start the process so we can track who is participating and assist where needed.



## Employer Educational Programs and Employer Learning Collaboratives (ELC)

---

### Employer Member Benefit – *National Alliance Webinar: Recognizing Implicit Bias and Using Data to Overcome It* – February 21, 12PM – 1:30PM ET

No one is immune from implicit (or unconscious) biases that affect the way they and others live and work. Identifying how these biases negatively affect workers, their health, and the bottom line is essential to ensuring workplace equity. **This National Alliance of Healthcare Purchasers webinar will provide solutions for mitigating bias, actionable ways to address health inequities through data, and creative ideas for building and sustaining a healthy and inclusive workplace culture.**

Click [here](#) to register now for this free webinar.



## Health Observances

---

### February is National Cancer Prevention Month

The Prevent Cancer Foundation is dedicated to cancer prevention and early detection. Many resources are available on their website including [Seven Steps to Prevent Cancer](#) and downloadable [A Guide to Preventing Cancer](#).

FEBRUARY  
**NATIONAL  
CANCER**  
PREVENTION MONTH



### 5 Facts About Cancer from the World Health Organization

[Cancer \(who.int\)](http://who.int)

- Cancer is a leading cause of death worldwide, accounting for nearly 10 million deaths in 2020, or nearly one in six deaths
- The most common cancers are breast, lung, colon and rectum, and prostate cancers
- Around one-third of deaths from cancer are due to tobacco use, high body mass index, alcohol consumption, low fruit and vegetable intake, and lack of physical activity

- **Cancer-causing infections, such as human papillomavirus (HPV) and hepatitis, are responsible for approximately 30% of cancer cases in low- and lower-middle-income countries**
- **Many cancers can be cured if detected early and treated effectively**

### **Cancer and Obesity**

According to Moffitt Cancer Center, several recent studies have established **a link between being overweight and developing cancer**. Many people mistakenly believe that cancer is predominantly an inherited condition. Every individual has an innate or acquired susceptibility to specific types of cancer. However, in the majority of cases, this susceptibility leads to the actual development of cancer only after being driven by one or more external risk factors. One such risk factor is obesity. Visit [What Is Known About the Link Between Obesity and Cancer? | Moffitt](#) to learn more.

### **February is also American Heart Month**

According to the CDC, cardiovascular disease (CVD) and mortality are increasing in working-age adults, and Black adults are among those bearing the highest burden of CVD and the related health consequences in the United States. Black adults in the US die from heart disease at a rate two times higher than White adults.

This Heart Month, the Division for Heart Disease and Stroke Prevention is expanding the reach of the Million Hearts® and CDC Foundation’s [“Live to the Beat” campaign](#), which focuses on encouraging and empowering Black adults ages 35 to 54 to take small steps to reduce their risks for CVD.



Check [American Heart Month Toolkits 2023 | cdc.gov](#) for additional resources and 2023 American Heart Month Toolkits.

**The National Heart, Lung, and Blood Institute and The Heart Truth® celebrate American Heart Month by motivating Americans to adopt healthy lifestyles to prevent heart disease.**

**Focusing on your heart health has never been more important.**

- **Heart disease is the leading cause of death in the United States**, but you can do a lot to protect your heart. [Learn more about heart-healthy living](#)
- **Prioritizing your heart can help you avoid severe illness.** People with poor cardiovascular health are also at increased risk of severe illness from COVID-19. [Learn how COVID-19 affects your heart.](#)
- **Self-care is heart-health care.** Practicing self-care can keep our hearts healthy. Being physically active, eating healthier foods, getting enough sleep, not smoking, and finding healthy ways to reduce stress can help prevent heart disease. When we take care of our hearts, we set an example for those around us to do the same.
- **Get to know #OurHearts!**

Visit [About American Heart Month: Ways to Get Involved | NHLBI, NIH](#) to find out more ways to get involved and the importance of self-care!

**7 Days of Self-Care**

**#SelfcareSunday**  
Create your **self-care checklist** for the week

**#MindfulMonday**  
Know your **blood pressure numbers** and other heart stats

**#TastyTuesday**  
Try a **tasty, heart-healthy recipe**

**#WellnessWednesday**  
Put your **heart** into your wellness routine

**#TreatYourselfThursday**  
Treat your heart to some **relaxation and fun**

**#FollowFriday**  
**Share who inspires you** to show your heart more love

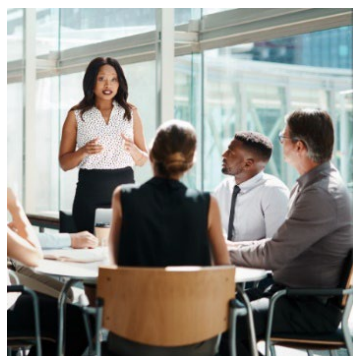
**#SelfieSaturday**  
Post about your favorite way to take care of **your heart**

**#OurHearts**

Logos for NIH, National Heart, Lung, and Blood Institute, and American Heart Association.



## In Case You Missed It



Are Employers Satisfied that Their Health Plans Drive Quality, Safety, and Value?

Findings from a Confidential Survey



In the fall of 2021, we asked you, our employer members, to participate in a survey about your satisfaction with your health plan. Thank you to all who participated! The survey was designed by The Leapfrog Group and an update from the original done in 2020. **The headline is the grade point average went down from 2.57 in 2020 to 2.29 in 2022.** A link to the final report is below.

[2022 Survey: Are Employers Satisfied that Health Plans Drive Quality, Safety, and Value?](#) | Leapfrog (leapfroggroup.org)

On January 26, 2023, Leah Binder, President and CEO of The Leapfrog Group presented the 2022 survey results along with Lisa Woods from Walmart, Linda Brady from The Boeing Company, and Janet Lucas-Taylor from Northwestern Mutual.

Click [here](#) to view the meeting recording and to access the presentation materials.