Region 10 - Alaska, Idaho, Oregon, and Washington Dear Colleagues, Preparing for a new school year means getting a lot of things in order - schedules, supplies, appointments, and activities. Don't forget putting one of the most

HHS Regional Director Susan Johnson

important things on the list - health insurance. Students are better able to excel when they have the health care services they need so now is a great time to visit

Regional Update from

Marketplace. Many children in low income families are covered by Medicaid, and since 1997 the Children's Health Insurance Program (CHIP) has provided health coverage to children in families with incomes too high to qualify for Medicaid, but who can't afford private coverage. Nearly 1,397,625 children in Region 10 were covered by have been left without coverage. Parents worry about own. Each of you probably knows someone who wants

HealthCare.gov and learn about the Health Insurance



either Medicaid or CHIP in 2010. All too often, however, the parents of these children that weight off their shoulders - who wants that health coverage so they can live, work, care for their family, Thanks to the Affordable Care Act, in just a few weeks we have the chance to help our family, friends, and



the health of the ones they care for instead of their and reach their dreams. having health insurance. Starting October 1, 2013,

neighbors finally find the security and peace of mind of people will be able to go to the new Health Insurance

Marketplace in their state for one-stop-shopping to cost of premiums more affordable.

stop

learn about health insurance options and to make apples -to-apples comparisons. They will also be able to find out if they are eligible for tax credits that will make the The Affordable Care Act also goes a long way to end some of the worst past abuses of the insurance industry. Insurance companies are now prohibited from placing annual or lifetime caps on plans or denying coverage to people with pre-existing medical conditions. 4,586,000 people in Region 10 are already free from worrying about lifetime limits on coverage.



Insurance plans are now required to cover a variety of preventive services with no copayment. These free services include 27 preventive services for children, such as immunization vaccines, behavioral assessments,



and substance abuse and depression screening. Parents can also rest easy knowing that children can stay on their parents' health insurance until age 26.





available to you, visit HealthCare.gov. At HealthCare.gov, you will be able to make informed

Already, 131,000 previously uninsured young adults have gained coverage through this provision in Region 10. the options available to you. You can also get help by 1-800-318-2596 to speak with a trained customer service representative.



To learn more about the new benefits and cost savings decisions about health care coverage by learning about calling the Health Insurance Marketplace Call Center at Through the Affordable Care Act we are making a healthier future available to families across the country. Regards,



Susan Spotlight on Alaska **HHS Awards Grants to Alaska Navigators** On August 15th Health and Human Services (HHS) Secretary Kathleen Sebelius announced \$599,918 in awards total for two organizations to serve as the Alaska Navigators. These Navigators will serve as an in-person resource for Americans who want additional assistance in shopping for and enrolling in plans in the Health Insurance Marketplace beginning this fall. In total, HHS awarded \$67 million in grant awards to 105 Navigators in Federally-facilitated and State Partnership Marketplaces.

Navigators will be among the many resources available to help Alaska consumers understand their coverage options in the Marketplace. Alaska Navigators

This announcement builds upon the significant progress in outreach and education made this summer. Consumers can learn about and enroll in coverage later this fall through HealthCare.gov. HHS launched a 24-hours-a-day consumer call center—I-800-318-2596—ready to answer questions in 150 languages. More

tent manner to consumers about health insurance, the new Health Insurance Marketplaces, qualified health plans, and public programs including Medicaid and the Children's Health Insurance Program. Navigators will be required to adhere to strict security and privacy standards - including how to safeguard consumers' personal information. They'll be required to complete 20-30 hours of training to be certified, will take additional training throughout the year, and will renew their certification yearly. All types of enrollment assisters - including in-



than 1,200 community health centers across the country are preparing to help enroll uninsured Americans in coverage, and a partnership with the Institute of Museum and Library Services will help trusted local libraries be a resource for consumers who want information on their options. In addition, HHS has begun training other in person assistance personnel, such as agents and brokers and certified application counselors. Navigators are trained to provide unbiased information in a culturally compe-

who received awards include:

United Way of Anchorage

Alaska Native Tribal Health Consortium

person assistors, application counselors, and agents and brokers - are required to complete specific training and are subject to federal criminal penalties for violations of privacy or fraud statutes, on top of any relevant state law penalties. For a list of Navigator awardees or more information about Navigators and

Valerie Davidson speaking on behalf of

Alaska Native Tribal Health Consortium

Visiting with the FEMA office in Anchorage to discuss the status of the Galena

flooding recovery efforts.

grants for Alaska

about being awarded one of the two Navigator

other in-person assisters, please visit: http://cciio.cms.gov/programs/exchanges/ assistance.html

Announcing the new Alaska Navigator grantees at a press conference in Anchorage during a two week tour in Alaska featuring over two dozen events in Anchorage, Palmer, Fairbanks, and Barrow.



Michelle Brown of United Way Anchorage

speaking about being awarded one of the

two Navigator grants for Alaska



Iconic whale bones in Barrow



Through the website, www.yourhealthidaho.org, Idahoans will be able to get information about the Marketplace now, and then starting October 1st they will be able to shop for plans and compare them apples-to-apples, find out if they are eligible for help to make the cost more affordable, and then enroll in

There will also be a call center and people on the ground in Idaho who will be available to answer questions and help consumers understand their health

HHS and Young Invincibles Announce Healthy Young America Video

Health and Human Services (HHS) Secretary Kathleen Sebelius and Young Invincibles recently announced the Healthy Young America video contest in an effort to inform young people about health insurance coverage and new options under the Affordable Care Act. People can submit entries and vote for their

For more information, visit www.yourhealthidaho.org.

Shop. Compare.

Your Health

Choose

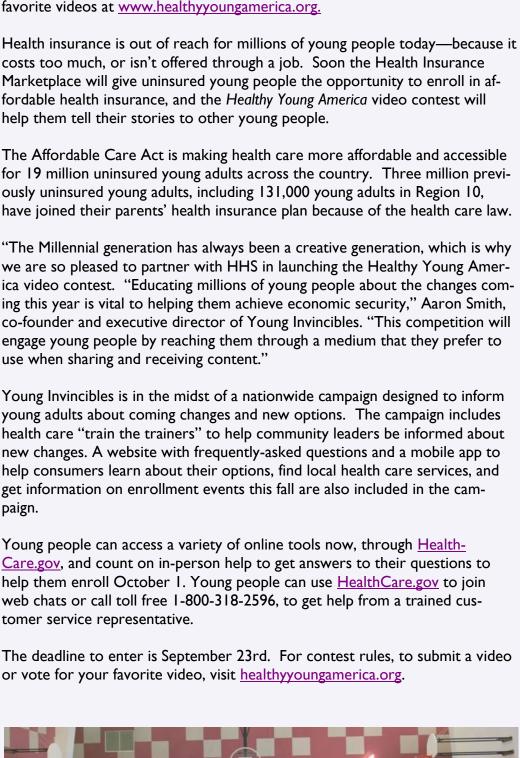
Marie Carroll, President and CEO of the Arctic Slope Native Association, introducing Regional Director Susan Johnson at the opening ceremonies for the new Samuel

Simmonds Memorial Hospital.

coverage.

Contest

insurance options.



Meeting with students at the Alaska Job Corps Center in Palmer to talk about what the

Get Ready for Open Enrollment by Creating Your Marketplace Ac-

Provide basic information like your name, address, and email address

· Create security questions to add an extra layer of protecting your in-

When open enrollment begins October I, you'll be set up to apply for health

Create your account today! And after you've set up your account, make sure

Questions? Call I-800-318-2596, 24 hours a day, 7 days a week. TTY users

For many young children in this country, the road to a better life begins when they enter a high quality early learning program like Head Start. When they do, we all benefit because they are better prepared to go to school, start a career, and achieve success. But recent events have placed new obstacles on that road.

In the debate over the arbitrary spending cuts called sequestration, many people warned of the long-term consequences to our children and their futures. Despite those warnings, sequestration went into effect, causing the biggest

Head Start programs were encouraged to minimize disruptions to the children by cutting open slots after children graduated rather than removing children who were already enrolled. However, there was no legal room to shift funding to soften the blow-- sequestration reduced every Head Start grant by the same percent. Some programs were forced to use a lottery to determine which chil-

For months, we have seen local stories of families and communities struggling to cope as Head Start programs have been forced to turn away children because their budgets were stretched to the breaking point. In small towns and

Now we have added up all those cuts from across the country to better understand the national impact. The Office of Head Start has reported that approximately 57,000 children across the country were cut from Head Start programs

Those 57,000 include more than 51,000 fewer children in Head Start (ages 3-5) and nearly 6,000 fewer children, families and pregnant women in Early Head

But the damage goes further. Even the children who survived the cuts and can

In addition to turning away those 57,000 children, Head Start programs will be

These cuts have been implemented by programs in order to keep as many children as possible in Head Start with the remaining funds, while maintaining qual-

The decision to take away funding for high quality early learning for tens of thousands of young Americans is indefensible morally and economically. If we shortchange our children, we shortchange our nation. Strong early learning can translate into school success, which can lead to college and good jobs, and ultimately a robust economy. Research shows that a public dollar spent on high quality early childhood education can return \$7 through increased productivity

So there is no question that these cuts jeopardize our children's futures. America now ranks 28th globally in early childhood education enrollment and now risks falling even further behind in preparing our children for school. We can't win the race for the future by holding back our children at the starting line.

It's not too late. Those empty chairs don't have to stay empty; those 57,000

Across the country, communities are coming together to support Head Start funding because they know that early childhood education is one of the best investments Americans can make. President Obama knows this, too, and has

children can get back on the road to success. But they need our help.

Provide 18,000 fewer hours of service through shortened school days

Start (ages 0-3) in the current program year due to sequestration.

Terminate or reduce salaries of 18,000 employees

and savings on public assistance and criminal justice programs.

stay in Head Start are facing significantly reduced services.

Cut 1.3 million days of service

dren could continue to come to class and which would lose their seat.

The Numbers Are In: Sequestration Cuts 57,000 Kids from

Open enrollment starts on October 1st, which is just around the corner. Now you can be one step closer to getting health insurance by creating your Marketplace account. Setting up your account is the first step in the process

Follow these quick, easy steps and you'll be on your way:

coverage, compare plans side-by-side, and enroll in a plan.

to tell your family and friends to set up theirs too.

Coverage starts as soon as January 1, 2014.

Choose your user name and password

Affordable Care Act means for young adults.

get you ready for October 1.

formation

should call 1-855-889-4325

funding cut in Head Start's history.

big cities, the stories have been much the same.

this year because of sequestration.

forced to

ity and safety.

\$7 billion on drugs

growth in the economy.

coverage-gap.html

Preventive Services

Savings on Prescription Drugs

Head Start

count

proposed significant new investments in early learning, through an initiative to make high quality preschool available to all four-year olds, create new Early Head Start-Child Care partnerships, and extend and expand voluntary home visiting services. Through national leadership and partnerships at the local level, we can protect and expand high quality learning opportunities for our children. Click here to learn more about Head Start.

On eve of Medicare anniversary, over 6.6 million seniors save over

On July 29th, the eve of the 48th anniversary of the signing of Medicare and Medicaid into law, new information was released by the Department of Health and Human Services (HHS) that show a strong Medicare program. Over 6.6 million people with Medicare have saved over \$7 billion on prescrip-

tion drugs as a result of the Affordable Care Act. These savings average \$1,061 per beneficiary in drug costs while a beneficiary is in the "donut hole"

least one free preventive service in the first six months of 2013.

are enjoying enhanced benefits and greater savings on drugs."

In addition, 16.5 million people with traditional Medicare took advantage of at

This news comes on the heels of historically low levels of growth in Medicare spending. From 2010 to 2012, Medicare spending per beneficiary grew at 1.7 percent annually, more slowly than the average rate of growth in the Consumer Price Index, and substantially more slowly than the per capita rate of

"Medicare is much stronger as a result of the health care law," said HHS Secretary Kathleen Sebelius. "Spending has slowed to historic levels, as seniors

Because of the Affordable Care Act, out-of-pocket savings on medications for

coverage gap that the law closes over time.

monitor health conditions. In Medicare, the Affordable Care Act eliminated coinsurance and the Part B deductible for recommended preventive services, including many cancer screenings and other important benefits. For example, before the law's passage, a person with Medicare could pay as much as \$160 in cost-sharing for some colorectal cancer screenings. Today, that screening is free. In the first six months of 2013, 16.5 million people with traditional Medicare took advantage of at least one free preventive service.

Grant Opportunities and Available Resources

Minority Health Resource Center.

National Indian Health Outreach and Education II (Tribal Eligible)-The Indian Health Service (IHS), Office of Direct Service and Contracting Tribes is accepting competitive applications for two limited competition cooperative agreements under the National Indian Health Outreach and Education (NIHOE) program: the Behavioral Health - Methamphetamine and Suicide Prevention Intervention (MSPI) outreach and education award and the Human Immunodeficiency Virus/Acquired Immune Deficiency Syndrome (HIV/AIDS) outreach and education award. The deadline for submission is September 8, 2013. View Full Announcement Urban Indian Health 4-in-I Program (Tribal Eligible)—This grant announcement seeks to ensure the highest possible health status for urban

For HHS funding resources, please visit the HHS Grants/Funding site or FYI: Minority Resources...Money & More, a newsletter published by the Office of

Indians. Funding will be used to establish the urban Indian organization's successful implementation of the priorities of the Department of Health and Human Services (HHS), Strategic Plan Fiscal Years 2010 – 2015, Healthy People 2020, and the IHS Strategic Plan 2006 – 2011. The deadline for submission is

September 8, 2013. View Full Announcement Behavioral and Social Science Research on Understanding and Reducing Health Disparities (Tribal Eligible)— The purpose of this FOA is to encourage behavioral and social science research on the causes and solutions to health and disabilities disparities in the U.S. population. Health disparities between, on the one hand, racial/ethnic populations, lower socioeconomic classes, and rural residents and, on the other hand, the overall

U.S. population are major public health concerns. Emphasis is placed on research in and among three broad areas of action: 1) public policy, 2) health care, and 3) disease/disability prevention. The deadline for submission is September 7, 2016. View Full Announcement

people with Medicare continue to grow. Over 6.6 million people with Medicare have saved over \$7 billion on prescription drugs in the Medicare Part D donut hole since the law was enacted, for an average of \$1,061. People with Medicare in the donut hole now receive discounts and some coverage when they purchase prescription drugs at a pharmacy or order them through the mail, until they reach the catastrophic coverage phase. The Affordable Care Act gave those who reached the donut hole in 2010 a one-time \$250 check, then began phasing in discounts and coverage for brand-name and generic prescription drugs beginning in 2011. The law will provide additional savings each year until the coverage gap is closed in 2020. For more information on how the Affordable Care Act closes the donut hole,

please visit: http://www.medicare.gov/part-d/costs/coverage-gap/part-d-

By making certain preventive services available with no cost-sharing obligations, the Affordable Care Act is helping Americans take charge of their own health. Americans can now better afford to work with health care professionals to prevent disease, detect problems early when treatment works best, and

when you go to print, select the option for it to print as 'Poster' instead of 'Size'.

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