



# Health Benefit Exchange Resources for Physicians

In 2010, Congress passed historic sweeping health care legislation, the Patient Protection and Affordable Care Act (ACA), which reformed the individual and small group health insurance markets and, beginning in 2014, will provide health insurance to much of the nation's uninsured. Under the ACA, two-thirds of California's uninsured may be covered by private insurance through a health insurance exchange purchasing pool. California's exchange, Covered California, began enrollment on October 1, 2013 – with coverage beginning on January 1, 2014.

The California Medical Association (CMA) has developed several resources to help educate physicians on the exchange and ensure that they are aware of important issues related to exchange plan contracting.

**All of the resources listed below are available to members at [www.cmanet.org/exchange](http://www.cmanet.org/exchange).**

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## Personal Assistance

CMA members and their staff have free one-on-one access to CMA's practice management experts through the CMA reimbursement helpline. We are happy to provide assistance on any questions about the exchange, other reimbursement issues, contracting or general practice management issues.

**CMA's Reimbursement Helpline:** (800) 786-4262 or [economicservices@cmanet.org](mailto:economicservices@cmanet.org)

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## CMA Educational Resources

**CMA's Got You Covered: A physician's guide to Covered California, the state's health benefit exchange.** This resource is FREE for members and provides a comprehensive overview of the Affordable Care Act (ACA) and the exchange, key issues to watch as the exchange develops, issues with which physicians should be concerned, and things to consider when deciding whether to contract with an exchange plan. It also discusses other CMA resources related to health plan contracting.

**California Health Benefit Exchange Fact Sheet.** This document provides a summary of the exchange and how it may impact physician practices.

**Essential Health Benefits Fact Sheet.** This fact sheet was developed to help physicians understand the basic facts around the "essential health benefits" component of federal health care reform

and how California's individual and small group health insurance markets, including the health benefits exchange, may be affected.

**On Call Document #7450, "Health Benefit Exchange."** This document from CMA's online health law library includes a discussion on network adequacy, potential administrative burdens associated with exchange plans, the grace period issue, concerns that physicians unknowingly may be contracted with exchange plans, what to look for in the mail on exchange plan contracting, and examples of termination provisions in current exchange contracts.

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## CMA Webinars and Seminars

CMA webinar series gives physicians the opportunity to watch live presentations on important topics of interest, including exchange plan contracting from the comfort of their homes or offices. The webinars are free to CMA members and their staff. If you are unable to participate in a live event, all webinars are archived in CMA's resource library for on-demand viewing at your convenience.

CMA staff is also available to provide live in person seminars on the exchange and what physicians can do to prepare for contracting with exchange plans. If you are interested in attending a seminar in your area, please contact your local county medical society.

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## CMA News

**CMA Reform Essentials.** CMA Reform Essentials is a regular publication covering issues related to California's implementation

of federal health care reform, including network adequacy, model contract development and reporting requirements.

**CMA Practice Resources.** CMA Practice Resources (CPR) is a free monthly newsletter from CMA's practice management experts that focuses on critical payor and health care industry issues, including contracting with health plans in the exchange, and how these issues directly impact the business of a physician practice.

**Custom Content Alerts.** The CMA website allows registered users to create custom content alerts on the topics that are of interest to

you. You will then be notified any time there is new content posted in one of your interest areas. To sign up, visit your account dashboard and click on "my alerts" or simply mouse over the "areas of interest" listed on most website pages. For exchange specific content updates, select "health benefit exchange."

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