

Help Your Company Get the Most for Its Health Care Dollar!



Jane Neff Rollins, MSPH

- As an epidemiologist, Jane understands how health care systems work -- or don't
- As a medical writer, Jane has published research about doctor-patient communication
- As a consumer, Jane has learned to navigate the healthcare system while covered by HMO, PPO and indemnity health insurance plans

Help control health care costs by empowering your employees to be better health care consumers

- Your company faces ever increasing direct costs for health care benefits -- and for indirect costs in lost productivity due to employees' poor health
- As your company tries to lower the cost of premiums by providing high-deductible plans, employees need to become informed consumers, rather than just recipients, of health care
 - Half of patients in the average emergency room don't have a condition serious enough to qualify as a true emergency
 - Such inappropriate use of ER services drives cost increases in your company's health insurance premiums
- Train your employees to navigate the health care system effectively with **Healthcare Navigation 101**
 - Choose the right insurance plan
 - Budget adequately for out-of-pocket costs
 - Access preventive care appropriately
 - Make better health care decisions overall
- In turn, your company can attract and retain quality employees, and ultimately curb the ever-rising costs of providing health benefits

Available for lunch 'n' learn sessions, keynotes, breakout sessions, workshops, and retreats

Call now to schedule Jane for your next program!

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Health Care Navigation 101

The Right Provider

- Find a primary care provider, before you need one
 - Prepare for unexpected injury or illness
 - Prevent medical problems before they start
 - “The doctor will see you now” -- for 18.7 minutes
 - Maximize the value of your time together

For the Right Price

- Determine the right insurance plan for your current needs
- Learn to budget for out-of-pocket medical expenses
- Take advantage of health savings/flexible spending accounts

For the Right Reasons

- Learn how to navigate the health care system
- Start maintaining your own personal health record
- Find reliable health information

Partial Client List

- American Medical Writers Association
- Association of Professionals in Infection Control and Epidemiology
- Glendale Community College
- Los Angeles College of Chiropractic
- Los Angeles County Department of Health Services, Office of AIDS Programs/Policy
- United Way

What People Are Saying About Jane

“The breadth of information and exceptional audio-visuals enlightened the students and provided an effective learning opportunity for all.”

*Eleanor Ferguson-Marshalleck
Associate Dean
College of Health and Human Services
California State University, Los Angeles*

“Your information was current and relevant... you are highly regarded at the Mount.”

*Melissa Krikorian
Department of Nursing
Mount St. Mary's College*



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