

October, 2024

TALKING TREND

New Weight Loss Drugs Surge in Popularity

and Prevention (CDC). And about two-thirds of Americans (65%) say willpower alone usually isn't enough for most people who are trying to lose weight and keep it off, according to a new Pew Research Center survey. Put those two facts together, and it should come as no surprise that a new class of drugs to

Obesity affects roughly 42% of U.S. adults, according to the Centers for Disease Control

help people lose weight - including Ozempic, Wegovy and similar medications - has soared in popularity. In the Center survey, about three-quarters of Americans say they have heard or read at least a little about these drugs.



Unfortunately, supply has not kept up with the soaring popularity. Some people have resorted to ordering the drugs online or through compounding pharmacies, both of which can be a gamble. In other countries, fake versions have led to hospitalizations¹

CNN Medical Correspondent Meg Tirrell advises, "It's important to consult with a trusted health-care provider if you're considering these medicines — like all prescription drugs, they have powerful effects," Tirrell said. "A trusted health-care provider can work with you to assess which options are best for you and to monitor safety, efficacy and how well you tolerate the medicines."

For questions about Health Net's policy regarding weight loss prescription drugs, please contact your Health Net Account Representative.

¹CNN Health

INDUSTRY NEWS

States Imposing Tighter Prior Authorization Rules On Health **Insurance Companies**



Modern Healthcare (8/27, McAuliff) reports, "While Congress appears stalled with its legislative proposals to streamline prior authorizations, many states have surged ahead and imposed tighter rules on health insurance companies." A National Conference of State Legislatures database shows that "23 states enacted more than 43 bills related to prior authorization in the last few years, with 18 enacted so far in 2024 alone." While insurers including UnitedHealth Group and Cigna Healthcare "have eased prior

patients continue." The American Medical Association, "which opposes restrictive prior authorization polices, reported last week that 10 states -Colorado, Illinois, Maine, Maryland, Minnesota, Mississippi, Oklahoma, Vermont, Virginia and Wyoming - have approved

authorization requirements for certain services, complaints from providers and

broad prior authorization bills it supports." Although Oregon has no current legislation pending, Trillium New Prior Authorization requirements became effective May 1,

2024. For prior authorization requirements effective May 1, 2024, please review this notification: PA Notice & NIA Partnership (Trillium, Health Net and Wellcare) (PDF)

Small Business Group Updates

HEALTH NET NEWS

Big news for small business groups!

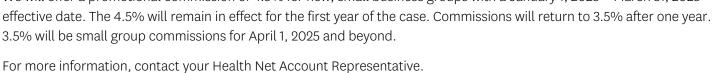
We will no embed pediatric dental benefits into all of our small group plans.

Also, a reminder that we have relaxed our underwriting guidelines.

• We now only require a Form 132 for groups with 2 or fewer enrollees.

• We do not need a cancelled check for the first month's EFT premium.





WELLNESS October is Breast Cancer Awareness Month



1 in 8 women in the United States will be diagnosed with breast cancer in her lifetime.

According to the National Breast Cancer Foundation:

In 2024, an estimated 310,720 women and 2,800 men will be diagnosed with invasive breast cancer.

Chances are, you know at least one person who has been personally affected by breast cancer.

But there is hope. When caught in its earliest, localized stages, the 5-year relative survival rate is 99%. Advances in early detection and treatment methods have significantly increased breast cancer survival rates in recent years, and there are currently over 4 million breast cancer survivors in the United States.

Awareness of the facts and statistics surrounding breast cancer in the United States is key in empowering individuals to make informed decisions about their health.

To learn more about Breast Cancer awareness, Health Net members have access to wellness tools and resources through

JUST FOR FUN

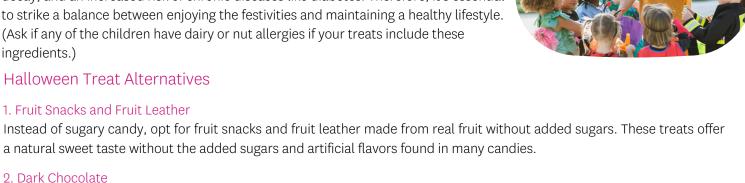
While indulging in the occasional candy treat is okay, according to Northwest Family

<u>Clinics</u>, the average American child consumes a startling amount of sugar annually. Excessive sugar intake can lead to various health issues, including obesity, tooth decay, and an increased risk of chronic diseases like diabetes. Therefore, it's essential

Healthy Halloween Treats That Won't Disappoint

ingredients.) Halloween Treat Alternatives 1. Fruit Snacks and Fruit Leather Instead of sugary candy, opt for fruit snacks and fruit leather made from real fruit without added sugars. These treats offer a natural sweet taste without the added sugars and artificial flavors found in many candies. 2. Dark Chocolate If you want to satisfy a chocolate craving, choose dark chocolate with a high cocoa content (70% or more). Dark chocolate

(Ask if any of the children have dairy or nut allergies if your treats include these



contains less sugar than milk chocolate and provides antioxidants that can benefit overall health.

3. Trail Mix Buy small pre-made sealed packs of trail mix with a variety of nuts, seeds, dried fruits, and a hint of dark chocolate chips. It's a balanced and energy-packed snack that can keep kids fueled during their Halloween adventures.

4. Mini Popcorn Bags

Small, individually portioned and sealed bags of air-popped or lightly seasoned popcorn make for a tasty and satisfying treat without excessive calories or sugar.

6. Yogurt-Covered Raisins or Pretzels

7. Sugar-Free Gum

effects of sugar.

9. Mini Cheese Packs

5. Non-Food Treats

These snacks offer a combination of sweet and salty flavors while containing less sugar than traditional candy-coated treats.

Sugar-free gum can be an excellent alternative, as it can help satisfy the desire for something sweet without the harmful

8. Fruit Cups Individual servings of fresh fruit cups with no added sugars are a healthier option for Halloween treats.

Cheese sticks or small cheese portions can be a unique and satisfying option that provides protein and calcium.

Consider handing out non-food items like stickers, temporary tattoos, mini toys, or glow sticks. These alternatives can be just as exciting for kids and are free from added sugars.