

TCP Jesus 2025 Seminar
Navigating the Health Care World
Micro to Macro

I. Welcome and Introduction

- Micro to Macro
- Why are you here? What would you like addressed in this seminar?

II. Navigating the Micro (your) Issues

- A. Tips on visits with your Primary Care Practitioner
- B. No (Billing) Surprise Act
- C. Your Health Insurance Rights and Protections
- D. HIPPA Protections and Rights

III. Small Group Discussion

What are your concerns, stress points regarding your health care and health coverage?
What have your good experiences with health care have been?

IV. Navigating the Macro

- A. Know your coverage and changes coming in next coverage year
- B. Changes with new federal budget bill
 - Ending of ACA premium tax credits
 - Reduction of Medicaid benefits
 - Changes in deductible levels
 - Other factors that affect health (reduction of food support)
- C. Increase in Medical Costs (includes medical devices, medications, services...)
 - Regular increases
 - Tariffs
 - Uncertainty in health coverage and services
- D. Changes in Guidelines at HHS/CDC Effects
 - Vaccine Recommendations
 - Preventative Recommendations (immunizations, colonoscopy, mammograms)
- E. Wellness Checklist

Resources (This Agenda will be on The Corinthian Plan website for easy access to links)

- The Corinthian Plan -- <https://www.mennoniteusa.org/ministry/the-corinthian-plan/>
- Mennonite Church USA Wellbeing in Ministry -- [Wellbeing in Ministry | Mennonite Church USA](#)
- No Surprise Act -- [No-Surprise-Medical-Bills-Model-Notice-11242021.pdf](#)
- Health Insurance Rights and Protections -- [Rights & Protections | HealthCare.gov](#)
- HIPPA -- [Your Rights Under HIPAA | HHS.gov](#)