

Reading List on Benefits
(November 12, 2007)

Primary Reading

Balancing Act: Creating A Sustainable Health Care Benefits Package (New America Foundation (November 2007): http://www.sachealthdecisions.org/docs/balancing_act.pdf

Just Coverage: Citizens define the limits of “basic” healthcare (Sacramento Healthcare Decisions, November 2006): http://www.sachealthdecisions.org/docs/jc_report.pdf

Typical Health Benefit Package in Private Industry (EBRI, April 2006):
http://www.ebri.org/pdf/publications/facts/FS-194_Apr06_HlthPlans.pdf

The Economic Burden of Chronic Disease on Ohio (Milken Institute, November 2007):
http://www.chronicdiseaseimpact.com/state_sheet/OH.pdf

The Role of Clinical Preventive Services in Disease Prevention and Early Detection (National Business Group on Health 2006):
<http://www.businessgrouphealth.org/prevention/purchasers/guide/part1.pdf>

The Ohio State University 2007 Faculty and Staff (Health and Wellness) Incentive Program - Live Well and Earn Money For It:
<http://www.yourplanforhealth.com/incentives.html>

Vermont’s Catamount Health

Plan Benefits (2007):
http://hcr.vt.gov/increase_access/enhance_private_insurance_capacity/catamount_health_plan_benefits

Plan Costs (2007)
http://hcr.vt.gov/increase_access/provide_assistance_with_insurance_affordability/catamount_health_premium_assistance_program

Massachusetts Commonwealth Care

Plan Benefit and Cost Summary (2007):
http://www.mass.gov/Qhlc/docs/seal_of_approval_pr.doc

Plan Benefit Detail (2007): [Gold](#), [Silver](#), [Bronze](#), and [Young Adults Plan](#).

Draft Elements of the Oregon Better Health Act (December 2006):
http://www.wecandobetter.org/sites/archi.trunk/files/Elements_of_the_Oregon_Better_Health_Act--12-2-2006_Draft.pdf

Other Resources

Employer Health Benefits 2007 Annual Survey (Kaiser Family Foundation and EBRI, 2007): <http://www.kff.org/insurance/7672/index.cfm>

The Illusion of Coverage: How Health Insurance Fails People When They Get Sick (The Access Project, 2007): http://www.accessproject.org/adobe/the_illusion_of_coverage.pdf

Healthy Mouth, Healthy Body: The Link Between Oral and Overall Health (Blue Cross/Blue Shield of Tennessee, October 2007):
[http://www.bcbst.com/about/news/reports-issues/blue-reports/2007/Healthy%20Mouth,%20Healthy%20Body%20\(FV\).pdf](http://www.bcbst.com/about/news/reports-issues/blue-reports/2007/Healthy%20Mouth,%20Healthy%20Body%20(FV).pdf)

An Unhealthy America: The Economic Burden of Chronic Disease (Milken Institute, November 2007):
http://www.fightchronicdisease.org/pdfs/ChronicDisease_ExecSumFINAL.pdf

Elements of State Health Reform: Prevention and Wellness as Covered Benefits (Kaiser Family Foundation, June 7, 2007):
http://www.kaisernetwork.org/health_cast/hcast_index.cfm?display=detail&hc=2123