

# GET SMART(ER)

## Leading Edge Practices for Better Health Outcomes & Costs

9:00AM – 9:10PM

### Welcome Remarks

Wilson Albers

9:10AM – 10:00AM

### Sally Prather

Executive VP and Employee Benefits  
Practice Leader, Alera Group

#### EMPLOYEE BENEFITS: MARKET TRENDS AND MARKET OUTLOOK

Trends, data and cost savings related to EB

#### TAKEAWAYS:

- Inflation will be a major driver in 2023
- Spikes in specialty drugs, mental health concerns and obesity medications will be a major cost driver
- Great Resignation and COVID-19 effects continue to ripple on retention and engagement
- Regulatory environment is turbulent and will continue to have significant impacts on employers

10:00AM – 11:00AM

### Mary Delaney

MSPT, Managing Partner, Vital Incite,  
an Alera Group Company

#### USING DATA TO DRIVE STRATEGIC DECISIONS

#### TAKEAWAYS:

- The value of employers owning their complete healthcare data
- The legal approach to guarantee employers have access to the appropriate information
- How that information provides the ability to objectively identify opportunities to reduce medical spend waste and reduce the risk on the plan and get in front of future plan spend
- What trends are surfacing and how data can help create a winning strategy

11:00AM – 12:00PM

## Ginger Campbell

Principal, Alera Pharmacy Solutions

### A SYSTEMATIC APPROACH TO MANAGING DRUG SPEND

Pharmacy Rx – Specialty Medications

#### TAKEAWAYS:

- The value of a systematic ongoing process to optimize drug spend and the financial value of each step in the process
- The future of Specialty and Specialty Biologics
- Breaking down drug pricing lists: AWP, MAC, WAC, and NADAC
- The havoc caused by hidden or undefined contract language on expected overall savings, rebates, and Specialty drug cost management

12:00PM – 1:00PM

## Lunch

1:00PM – 2:00PM

## Mike Noblin

Triage Therapist & Account Executive, Wellspring

### A CHANGING LANDSCAPE – HOW MENTAL HEALTH AND THE WORKPLACE IS CHANGING IN A POST-COVID WORLD

Mental Health in the Workplace – Considerations in how mental health and work are shifting as a result of impacts of the recent years due to COVID.

#### TAKEAWAYS:

- A(re)Introduction to EAP benefits – what it is and what people use it for
- How the conversation around mental health has changed in the last 3 years
- A few scenarios that highlight some of the issues around mental health in the workplace
- Balancing accountability and compassion in a post-COVID high-pace work world

2:00PM – 3:00PM

## Mary Delaney

MSPT, Managing Partner, Vital Incite, an Alera Group Company

### CREATING SUSTAINABLE CONTROL OVER CHRONIC CONDITION MANAGEMENT

Chronic medical conditions – impact, improved outcomes, trends in cost, how to evaluate condition management, vendor, and resource options

#### TAKEAWAYS:

- The trends in cost and incidence rates of chronic conditions across the United States
- The impact of condition management and improved outcomes
- A new perspective of how to evaluate condition management
- An objective approach to selecting the best vendor or resource including virtual vs. in person options

3:00PM – 4:00PM

## Questions, Closing Remarks

Wilson Albers

5:30PM

## Event Dinner

STANFORD'S STEAKHOUSE  
1502 PACIFIC AVE., TACOMA, WA 98402