

January 2023

SMART CHOICE – SMART USE Health Insurance™ SCHOLARSHIP 2022

Peer-Reviewed Journal Articles

Ketterman, J., Pippidis, M., Nuckols, D., Sorenson, C., & Wang, C (2022). *Health Insurance Options in Senior Years*. Journal of National Association of County Agriculture Agents, 15(1).
<https://www.nacaa.com/journal/29d16337-e9b3-4b5a-babf-f5a69e45a0cc>

Nuckols, D., McCoy, L., Ketterman, J., Sorenson, C., & Wang, C. (2022). *The Importance of Understanding Health Insurance Benefits Amid Policy and Environmental Change*. Journal of the National Association of Family and Consumer Sciences, 17(4).
<https://neafcs.memberclicks.net/assets/documents/journal/2022-jneafcs/2022-JNEAFCS.pdf>

UME FCS Breathing Room, A Wellness Blog

Pippidis, M. (December, 2022). Open Enrollment for Health Insurance and Medicare Is Happening Now. Found at
<https://breathingroom.umd.edu/2022/12/01/open-enrollment-for-health-insurance-and-medicare-is-happening-now/>

Ketterman, J. (September, 2022). *Selecting an Insurance Plan*. Found at
<https://breathingroom.umd.edu/2022/09/22/selecting-an-insurance-plan/>

Ketterman, J. (June, 2022). *Should You Use an FSA?* Found at
<https://breathingroom.umd.edu/2022/06/02/should-you-use-an-fsa/>

Tabassum, T. (June, 2022). *Mental Fitness for Incoming Freshmen*. Found at
<https://breathingroom.umd.edu/2022/06/14/mental-fitness-for-incoming-freshmen/>

Tabassum, T. (May, 2022). *Health Insurance and Undergraduate Students*. Found at
<https://breathingroom.umd.edu/2022/05/03/health-insurance-and-undergraduate-students/>

Sorenson, C. (March, 2022). *How UME Helped Me Navigate my Health Insurance!* Found at
<https://breathingroom.umd.edu/2022/03/10/how-ume-helped-me-navigate-my-health-insurance/>

Ketterman, J. (January, 2022). *Using Health Insurance in the New Year*. Found at
<https://breathingroom.umd.edu/2022/01/20/using-health-insurance-in-the-new-year/>

Scott, A. (January, 2022). *Protecting the Health of Your Children*. Found at
<https://breathingroom.umd.edu/2022/01/06/protecting-the-health-of-your-children/>

Peer-Reviewed Presentations

Sorenson, C., Pippidis, M., Nuckols, D., & McCoy, L., Kettermann, J., Chan, A. (2022). *Understanding the Financial Implications of Mental Health Care*. Association for Financial Counseling, Planning, and Education Annual Symposium.

Invited Presentations

Sorenson, C. & Kettermann, J. (October, 2022). Smart Choice Basics, Washington English Center in partnership with DC Health Link. Invited by Alisa Hughley.

Kettermann, J. & McCoy, L. (June, 2022). *District of Pride, Virtual Townhall, Navigating Your Health Insurance*, DC Health Link.

Sorenson, C. (May, 2022). *Health Insurance Literacy Basics for HealthCare Professionals*. Presented as part of the staff meet for Mary's Center.

Kettermann, J. & Sorenson, C. (March 2022). Smart Use Smart Actions. DC Health Connect. Invited by Dr. Linda Wharton-Boyd.

Teaching (Certified Educators, Other Educators and Consumers)

The HILI (Health Insurance Literacy Initiative) team led 25 Smart Choice / Smart Use workshops reaching 375 individuals. Workshops were offered mostly online to certify educators, as professional development for partnering organizations, and consumer workshops.

Certified Educators -

Kettermann, J., Galeano, J., Braun, B., Brown, V., Little, L., McCoy, L., Nuckols, D., Pippidis, M., & Sorenson, C. (2020). *Smart Choice - Smart Use Health Insurance™ Certified Educator Training Course*, eXtension Campus. (5 Completed / 1 Started)

Consumer Workshops

In Person

Nuckols, D. (2022). Smart Choice - Basics. Johns Hopkins course: Managing Personal Finances.

Nuckols, D. (2022). Smart Use - Disputes. Johns Hopkins course: Managing Personal Finances.

Nuckols, D. (2022). Smart Use - Actions. Johns Hopkins course: Managing Personal Finances.

Nuckols, D. (2022). Smart Choice - Basics. Johns Hopkins course: Managing Personal Finances.

Virtual

McCoy, L., Sorenson, C., & Nuckols, D. (2022). Smart Use Health Insurance Benefits. Money, Health, and Health Insurance Fall Series.

Sorenson, C. (2022) Smart Choice Basics. Total Health Expo from Lifebridge Health.

Ketterman, J. (2022). Smart Choice Basics. Work Experience Program.

Ketterman, J., Pippidis, M., & Nuckols, D. (2022). Healthcare in Your Senior Years. Money, Health, and Health Insurance Fall Series.

Ketterman, J., & Sorenson, C. (2022). Understanding and Estimating Health Care Costs. University System of Maryland, Professional Development Week.

Nuckols, D., McCoy, L., & Ketterman, J. (2022). Smart Choice - Basics. Money, Health, and Health Insurance Fall Series.

Ketterman, J. (2022). Understanding and Estimating Health Care Costs. Work Experience Program.

Ketterman, J. (2022). Smart Use Smart Actions for Mental Health. Work Experience Program.

Ketterman, J. (2022). Smart Use Smart Actions for Mental Health. Work Experience Program.

Ketterman, J. (2022). Smart Use Smart Actions for Mental Health. Work Experience Program.

Ketterman, J. (2022). Smart Use Smart Actions. Work Experience Program.

Tabassum, T., and Ketterman, J. (2022). Smart Choice Smart Actions. General Public.

Pippidis, M., and Ketterman, J. (2022). Health Insurance Options for Farmers and Small Businesses. Spring Series.

Pippidis, M., and Ketterman, J. (2022). Health Insurance Options for Farmers and Small Businesses. Spring Series.

Sorenson, C., and Ketterman, J. (2022). Smart Choice Smart Actions, DC Health Connect.

Sorenson, C., and Ketterman, J. (2022). Healthcare in Your Senior Years. Spring Series.

Sorenson, C., and Ketterman, J. (2022). Healthcare in Your Senior Years. Spring Series.

Nuckols, D., and McCoy, L. (2022). Smart Actions. General Public.

Nuckols, D., and McCoy, L. (2022). Smart Actions. General Public.

McCoy, L., and Nuckols, D. (2022). Smart Actions for Mental Health. General Public.

McCoy, L., and Nuckols, D. (2022). Smart Actions for Mental Health. General Public.

Ketterman, J. (2022). Smart Actions for Mental Health. Work Experience Program, Allegany County.

Awards

McCoy, L., Ketterman, J., Nuckols, D., Sorenson, C., Hurtado, A., Wang, C., Bievenour, M., Chan, A., Pippidis, M., Braun, B., & Little, L. (2022) *Health Insurance Literacy Initiative*. Distinguished Team Award, Tau Chapter of Epsilon Sigma Phi (ESP).

McCoy, L., Ketterman, J., Nuckols, D., Sorenson, C., Hurtado, A., Wang, C., Bievenour, M., Chan, A., Pippidis, M., Braun, B., & Little, L. (2022) *Health Insurance Literacy Initiative*. Distinguished Team Award, Northeast Region of Epsilon Sigma Phi (ESP).

Nuckols, D. (2022). Early-Career Service Award, Northeast Region of Epsilon Sigma Phi (ESP).

Team Updates

The HILI Team would like to congratulate Maria Pippidis on her retirement from University of Delaware Cooperative Extension in December of 2022. Maria was one of the original members of the HILI Team and we would not be where we are without her expertise, dedication, and hard work. We want to thank Maria for her years of work as part of the HILI Team and wish her all the best as she enters this new phase in life.

Additionally, we would like to congratulate Michael Bievenour on his new position. Although he was with the team for a short time, we wish him all the best as a Banana Boat Captain!

HILI Team

University of Maryland Extension

Team Members

Jesse Ketterman, Lisa McCoy, Dorothy Nuckols, and Carrie Sorenson

Faculty Consultants

Alex Chan, Ali Hurtado

University of Delaware Cooperative Extension

Maria Pippidis