



## Health Insurance Literacy Initiative (HILI) Fall / Winter 2022

The HILI team strives to reduce confusion, increase capability, and increase confidence to obtain and use health insurance. We call it *Smart Choice* and *Smart Use* which has grown to 8 modules that assists participants in selecting an insurance plan, understanding insurance plans, actions to take when using health insurance, navigating health insurance disputes, and estimating health care costs.

The team continues with monthly meetings to include in person meetings every quarter. Our December meeting provided an opportunity to bring together past members of our team and celebrate **Maria Pippidis's** retirement.



### Program Delivery

#### Consumer Education

The HILI team offered 25 consumer workshops in 2022 reaching 375 individuals. Information about the educational modules we provide is available at <https://extension.umd.edu/insure>.



**Jesse Ketterman, Maria Pippidis, Carrie Sorenson, Ashanti Scott, and Tahi Tabassum** wrote and posted eight blog articles related to health insurance on the Family and Consumer Sciences, Breathing Room blog site (<https://breathingroom.umd.edu/>). Titles of the posts include,

- Open Enrollment for Health Insurance and Medicare is Happening Now!*
- Selecting an Insurance Plan*
- Should You Use an FSA?*
- Mental Fitness for Incoming Freshmen*
- Health Insurance and Undergraduate Students*
- How UME Helped Me Navigate my Health Insurance!*
- Using Health Insurance in the New Year*
- Protecting the Health of Your Children*

#### Invited Presentations

**Carrie Sorenson, Jesse Ketterman, and Lisa McCoy** were invited by DC Health Link to offer several programs through the course of the year. Workshops were geared toward audiences with limited exposure to the healthcare system in the United States and the LGBTQ+ community.





## Certified Educator Training

Over the course of the year, 5 individuals completed the Online Certified Educator Program. The course is offered through the eXtension campus platform.

## Curricula Development

**Dorothy Nuckols** is reviewing the data for Smart Use module titled, *Managing Health Insurance Conflicts*. Look forward to the *Findings Revealed* document in the near future.

**Alex Chan** and **Lisa McCoy** completed the Smart Actions for Mental Health module at the beginning of 2022. The module was offered 5 times throughout the year.

## Scholarship

*Health Insurance Options in Senior Years* authored by **Jesse Ketterman, Maria Pippidis, Dorothy Nuckols, Carrie Sorenson, and Chenzi Wang** was published in the Journal of National Association of County Agriculture Agents. <https://www.nacaa.com/journal/29d16337-e9b3-4b5a-babf-f5a69e45a0cc>

*The Importance of Understanding Health Insurance Benefits Amid Policy and Environmental Change* authored by **Dorothy Nuckols, Lisa McCoy, Jesse Ketterman, Carrie Sorenson, and Chenzi Wang** was published in Journal of the National Association of Family and Consumer Sciences. <https://neafcs.memberclicks.net/assets/documents/journal/2022-jneafcs/2022-JNEAFCS.pdf>

Building from the work on the Health Insurance Forums offered in 2017, **Maria Pippidis, Bonnie Braun, Jesse Ketterman, Shoshanah Inwood,**

and **Nicole Wright** authored the *Engaging Communities Through Issues Forums*.

<https://online.flippingbook.com/view/346497502/#zoom=true>

**Carrie Sorenson** presented *Understanding the Financial Implications of Mental Health Care* at the Association for Financial Counseling, Planning, and Education Annual Symposium. Content development was supported by **Maria Pippidis, Dorothy Nuckols, Lisa McCoy, Jesse Ketterman, and Alex Chan**.



## Awards

The HILI team was recognized a Distinguished Team in the Northeast Region of Epsilon Sigma Phi. **Lisa McCoy** led the nomination. We are proud of **Dorothy Nuckols** for receiving the Early-Career Service Award for the Northeast Region of Epsilon Sigma Phi.





## Of Note—

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.



## Acknowledgement

This health insurance literacy initiative was launched in 2012 with funding from University of Maryland Extension, the College of Agriculture and Natural Resources, and University of Delaware Cooperative Extension, the University of Maryland--College Park and supplemental revenue generation.

## Initiative Team:

University of Maryland Extension - **Jesse Ketterman, Jinhee Kim, Lynn Little, Lisa McCoy, Dorothy Nuckols, and Carrie Sorenson**

Advisory Members: **Alex Chan & Ali Hurtado**

University of Delaware Cooperative Extension – **Maria Pippidis**

For more updates visit the [Insuring Your Health](#) website.