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HEALTH CARE

Seminar to offer tips on benefits

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Although most Metroplex employees won't make decisions about their health benefits until the fall, some human-resource professionals are already weighing the options.

They'll gather this week at a seminar hosted by Fort Worth-based CSG/Hull Benefits. The consulting firm hopes to sell potential clients on various services aimed at tackling rising health care costs.

"It really is helping them lay out a strategy in regards to managing their health care costs, their

communications and just how they bring some efficiency to the HR function," said Brent Matthews, a principal at CSG/Hull Benefits.

Among the services that Matthews plans to promote: "consumer-directed health plans" that typically pair a health spending account with high-deductible insurance coverage; Internet-based open-enrollment procedures that reduce paperwork; and an advocacy service that helps participants navigate the health care system.

Dr. Abbie Leibowitz, chief medical officer of Health Advocate and one of the seminar's speakers, said his

Pennsylvania-based company helps clients with all manner of clinical and administrative tasks, such as researching illnesses, making appointments with physicians and disputing claims with insurers.

"The consumer could say, 'Here's what I need you to do,' and we would do it, which is totally different from the way everything else in health care works," Leibowitz said.

The seminar will be from 8:30 a.m. to noon Thursday at the Fort Worth Club. For more information, call Kim Lueders at (817) 336-6444.
