

How to Bend the Medical Cost Curve with Self-Funded Health Plans

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Healthcare spending has been rising at an unsustainable pace for the past 50+ years. In 1970, the average medical spender person (accounting for inflation, using 2020 dollars) was \$1,875. In 2020 the average spend was \$12,531, a 668% increase. There are a variety of factors that have led to the increase in spend, but there are a limited number of solutions to control cost in our current environment. Self-funded health plans are one a very few, effective strategies to bend the cost curve in this arena. This presentation will cover the various strategies that can be utilized to maximize the benefit of a self-funded plan in reducing health plan expenses.

Garth Rouse is the Owner and Director of Marketing for Professional Benefit Services, located in Salem, Oregon. Garth has been instrumental in leading Professional Benefit Services from a two-person firm with 30 plans in 1989 to a 45-person firm with nearly 2,500 plans in 2022. He has experience across the benefits industry; from Retirement Plans to Consumer Driven Health Plans to Health Insurance (both fully insured and self-funded). Garth has spoken at numerous events throughout the years on employee benefits has sat on multiple boards. In his free time Garth enjoys spending time at Oregon State athletic events, traveling and spending time with his four grandchildren.