

National Health Services Sought to Develop “Mini-Med” Wellness Plans

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Health Services has been invited to develop a custom wellness plan to be marketed to customers that purchase Limited Medical Benefit Plans [Mini-Meds].

“Following the agreement to afford access to our WellnessSuite® for a national third party client serving a population of 455,000, NHS was invited to develop a custom wellness plan which can be included for purchasers of their “Mini-Med” health plans. Our client was looking for an affordable value added program for his clients - one that would target unique affordable plan benefits,” stated Elizabeth Gannon, President of National Health Services. “Limited Medical Benefit Plans are becoming more and more popular as our economy struggles to recover and health care benefit choices continue to evolve with the changing climate of the job market. We view these programs as a way to help individuals and families gain access to graduated levels of coverage. This new wellness plan brings My Healthy Lifestyle® one step closer to our goal to achieve health plan status,” Gannon added.

Limited Medical Benefits Plans [Mini-Meds] have become a great alternative to the rising health premiums according to an [article posted on All Business.com, a D&B company, Mini-meds' are considered the latest medicine for rising health care costs](#). It allows employers or their employees to pick coverage from a menu of items and receive insurance for companies with fewer than 200 workers require their employees to pay more than half of their health insurance premiums, according to the Kaiser Family Foundation.

Health insurance premiums for a family of four have skyrocketed 78 percent since 2001, according to the Kaiser Family Foundation, more than quadruple the rate of inflation over that same period. Among employers with fewer than 200 employees, just 59 percent offer health insurance to their employees, down from 68 percent in 2001.