

affordable care act and wellness

Affordable Care Act and Wellness: A Holistic Look at Health Coverage and Well-being

Introduction:

Are you confused about how the Affordable Care Act (ACA) impacts your wellness journey? Navigating healthcare can feel like a maze, especially when trying to understand how insurance coverage interacts with your personal health goals. This comprehensive guide breaks down the connection between the Affordable Care Act and wellness, showing you how the ACA can support – and even enhance – your path to a healthier, happier life. We'll explore the essential benefits, preventative care provisions, and resources available to help you achieve your wellness aspirations. Get ready to unlock a clearer understanding of how the ACA can become your partner in achieving better health.

1. Understanding the Affordable Care Act (ACA): A Quick Overview

The Affordable Care Act, often referred to as Obamacare, is a landmark healthcare reform law passed in the United States in 2010. Its primary goal is to expand health insurance coverage to more Americans and to make health insurance more affordable and accessible. Key features include:

Individual Mandate (largely repealed): While the individual mandate penalty is no longer enforced, the ACA still strives to encourage broader health insurance coverage.

Health Insurance Marketplaces (Exchanges): These online marketplaces offer a platform for individuals and families to compare and purchase health insurance plans from various providers. Subsidies are often available to help lower the cost of premiums.

Medicaid Expansion: The ACA encouraged states to expand their Medicaid programs to cover more low-income individuals. While not all states expanded, it significantly broadened access to healthcare for many.

Essential Health Benefits: All plans sold on the marketplaces must cover a set of essential health benefits, including preventive services, hospitalization, maternity care, and mental health services. This ensures a minimum level of coverage for all participants.

1. The ACA's Impact on Preventative Care: Your Wellness Foundation

One of the most significant ways the ACA promotes wellness is through its emphasis on preventative care. Many preventative services are covered at no cost to you, even if you haven't met your deductible. These services are designed to catch potential health issues early, preventing them from becoming more serious and costly down the line. Examples include:

Annual Wellness Visits: These visits are crucial for early disease detection and personalized health guidance. Your doctor can assess your risk factors, discuss lifestyle choices, and provide screenings tailored to your needs.

Screenings: The ACA covers vital screenings for conditions like cancer (breast, cervical, colorectal), diabetes, and high blood pressure. Early detection through regular screenings can significantly improve treatment outcomes and increase survival rates.

Immunizations: Vaccines are a cornerstone of preventive health, protecting you from various contagious diseases. The ACA ensures access to crucial immunizations, fostering community health and individual well-being.

1. Mental Health and Substance Abuse Services: A Critical Component of Wellness

The ACA significantly expanded access to mental health and substance use disorder treatment. Before the ACA, mental health services were often underinsured or inaccessible. The law mandated that all Marketplace plans cover these essential services, acknowledging their vital role in overall wellness. This means:

Increased Coverage: Many more individuals now have access to therapy, counseling, medication management, and rehabilitation services for mental health and substance use disorders.

Parity: The ACA aims for parity in coverage for mental health and substance abuse treatment compared to medical and surgical care, ensuring equitable access to necessary care.

Improved Access: The broader coverage has led to a significant increase in the availability of mental health and addiction treatment providers and resources.

1. Navigating the ACA Marketplace: Finding the Right Plan for Your Wellness Needs

Choosing the right health insurance plan can be daunting. However, the ACA marketplaces offer tools and resources to guide you through the process. Factors to consider when selecting a plan include:

Your Budget: Consider your monthly premium costs and your out-of-pocket maximum. The ACA offers

subsidies to lower costs for those who qualify.

Your Healthcare Needs: Evaluate your current health status and anticipated healthcare needs. Do you require specialized care? Consider plans with comprehensive coverage for your specific needs.

Your Doctor Network: Check if your preferred doctors and specialists are part of the plan's network. This ensures easier access to care and lower costs.

1. Beyond Insurance: Utilizing ACA Resources for a Healthier Lifestyle

The ACA's impact extends beyond insurance coverage. Many states offer programs and initiatives that support wellness initiatives, often in conjunction with the ACA. These resources can include:

Health Education Programs: Many communities offer free or low-cost health education programs on topics like nutrition, exercise, stress management, and disease prevention.

Community Health Centers: These centers offer affordable or free healthcare services, including preventative care, primary care, and mental health services, often to underserved populations.

Public Health Initiatives: State and local health departments often provide resources and support for healthy living initiatives, such as smoking cessation programs and weight management resources.

Conclusion:

The Affordable Care Act is more than just a health insurance law; it's a framework designed to support and improve overall wellness. By expanding access to affordable healthcare, promoting preventative care, and emphasizing mental health services, the ACA provides a critical foundation for achieving better health outcomes. Understanding your rights and resources under the ACA can significantly enhance your wellness journey. Take advantage of the tools and resources available to create a healthier, happier you.

FAQs:

1. Does the ACA cover alternative therapies like acupuncture or chiropractic care? Coverage for alternative therapies varies by plan. Some plans may offer partial or full coverage, while others may not. Check your specific plan details to determine coverage.

1. I'm self-employed. How can the ACA help me? The ACA marketplaces offer plans specifically designed for self-employed individuals and small business owners. You can explore plans and

potentially qualify for subsidies to reduce the cost of premiums.

1. What if I have a pre-existing condition? The ACA prohibits insurance companies from denying coverage or charging higher premiums based on pre-existing conditions. This ensures access to necessary care for individuals with chronic health issues.
1. How can I find out if I qualify for financial assistance? The Healthcare.gov website and the marketplaces provide tools to determine your eligibility for subsidies and tax credits to help lower the cost of your health insurance.
1. Where can I find more information about the ACA in my state? Your state's health insurance marketplace website or your state's Department of Health and Human Services website will provide specific information and resources relevant to your state.

affordable care act and wellness: *The Affordable Care Act* Tamara Thompson, 2014-12-02 The Patient Protection and Affordable Care Act (ACA) was designed to increase health insurance quality and affordability, lower the uninsured rate by expanding insurance coverage, and reduce the costs of healthcare overall. Along with sweeping change came sweeping criticisms and issues. This book explores the pros and cons of the Affordable Care Act, and explains who benefits from the ACA. Readers will learn how the economy is affected by the ACA, and the impact of the ACA rollout.

affordable care act and wellness: Health-Care Utilization as a Proxy in Disability Determination National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Health Care Services, Committee on Health Care Utilization and Adults with Disabilities, 2018-04-02 The Social Security Administration (SSA) administers two programs that provide benefits based on disability: the Social Security Disability Insurance (SSDI) program and the Supplemental Security Income (SSI) program. This report analyzes health care utilizations as they relate to impairment severity and SSA's definition of disability. Health Care Utilization as a Proxy in Disability Determination identifies types of utilizations that might be good proxies for listing-level severity; that is, what represents an impairment, or combination of impairments, that are severe enough to prevent a person from doing any gainful activity, regardless of age, education, or work experience.

affordable care act and wellness: The Impacts of the Affordable Care Act on Preparedness Resources and Programs Institute of Medicine, Board on Health Sciences Policy, Board on Health Care Services, 2014 Many of the elements of the Affordable Care Act (ACA) went into effect in 2014, and with the establishment of many new rules and regulations, there will continue to be significant

changes to the United States health care system. It is not clear what impact these changes will have on medical and public health preparedness programs around the country. Although there has been tremendous progress since 2005 and Hurricane Katrina, there is still a long way to go to ensure the health security of the Country. There is a commonly held notion that preparedness is separate and distinct from everyday operations, and that it only affects emergency departments. But time and time again, catastrophic events challenge the entire health care system, from acute care and emergency medical services down to the public health and community clinic level, and the lack of preparedness of one part of the system places preventable stress on other components. The implementation of the ACA provides the opportunity to consider how to incorporate preparedness into all aspects of the health care system. The Impacts of the Affordable Care Act on Preparedness Resources and Programs is the summary of a workshop convened by the Institute of Medicine's Forum on Medical and Public Health Preparedness for Catastrophic Events in November 2013 to discuss how changes to the health system as a result of the ACA might impact medical and public health preparedness programs across the nation. This report discusses challenges and benefits of the Affordable Care Act to disaster preparedness and response efforts around the country and considers how changes to payment and reimbursement models will present opportunities and challenges to strengthen disaster preparedness and response capacities.

affordable care act and wellness: Health Care Reform Jonathan Gruber, 2011-12-20 A graphic explanation of the PPACA act--Provided by publisher.

affordable care act and wellness: The Challenge of Treating Obesity and Overweight National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Food and Nutrition Board, Roundtable on Obesity Solutions, 2018-01-21 The Roundtable on Obesity Solutions of the National Academies of Sciences, Engineering, and Medicine held a workshop in Washington, DC, on April 6, 2017, titled The Challenge of Treating Obesity and Overweight: A Workshop. The discussions covered treatments for obesity, overweight, and severe obesity in adults and children; emerging treatment opportunities; the development of a workforce for obesity treatments; payment and policy considerations; and promising paths to move forward. This publication summarizes the presentations and discussions from the workshop.

affordable care act and wellness: Reinventing American Health Care Ezekiel Emanuel, 2014-03-04 The definitive story of American health care today—its causes, consequences, and confusions In March 2010, the Affordable Care Act was signed into law. It was the most extensive reform of America's health care system since at least the creation of Medicare in 1965, and maybe ever. The ACA was controversial and highly political, and the law faced legal challenges reaching all the way to the Supreme Court; it even precipitated a government shutdown. It was a signature piece of legislation for President Obama's first term, and also a ball and chain for his second. Ezekiel J. Emanuel, a professor of medical ethics and health policy at the University of Pennsylvania who also served as a special adviser to the White House on health care reform, has written a brilliant diagnostic explanation of why health care in America has become such a divisive social issue, how money and medicine have their own—quite distinct—American story, and why reform has bedeviled presidents of the left and right for more than one hundred years. Emanuel also explains exactly how the ACA reforms are reshaping the health care system now. He forecasts the future, identifying six mega trends in health that will determine the market for health care to 2020 and beyond. His predictions are bold, provocative, and uniquely well-informed. Health care—one of America's largest employment sectors, with an economy the size of the GDP of France—has never had a more comprehensive or authoritative interpreter.

affordable care act and wellness: Section 1557 of the Affordable Care Act American Dental Association, 2017-05-24 Section 1557 is the nondiscrimination provision of the Affordable Care Act (ACA). This brief guide explains Section 1557 in more detail and what your practice needs to do to meet the requirements of this federal law. Includes sample notices of nondiscrimination, as well as taglines translated for the top 15 languages by state.

affordable care act and wellness: The Trillion Dollar Revolution Ezekiel J. Emanuel, Abbe R.

Gluck, 2020-03-03 Ten years after the landmark legislation, Ezekiel Emanuel leads a crowd of experts, policy-makers, doctors, and scholars as they evaluate the Affordable Care Act's history so far. In March 2010, the Affordable Care Act officially became one of the seminal laws determining American health care. From day one, the law was challenged in court, making it to the Supreme Court four separate times. It transformed the way a three-trillion-dollar sector of the economy behaved and brought insurance to millions of people. It spawned the Tea Party, further polarized American politics, and affected the electoral fortunes of both parties. Ten years after the bill's passage, a constellation of experts--insiders and academics for and against the ACA--describe the momentousness of the legislation. Encompassing Democrats and Republicans, along with legal, financial, and health policy experts, the essays here offer a fascinating and revealing insight into the political fight of a generation, its consequences for health care, politics, law, the economy-and the future.

affordable care act and wellness: *Care Without Coverage* Institute of Medicine, Board on Health Care Services, Committee on the Consequences of Uninsurance, 2002-06-20 Many Americans believe that people who lack health insurance somehow get the care they really need. *Care Without Coverage* examines the real consequences for adults who lack health insurance. The study presents findings in the areas of prevention and screening, cancer, chronic illness, hospital-based care, and general health status. The committee looked at the consequences of being uninsured for people suffering from cancer, diabetes, HIV infection and AIDS, heart and kidney disease, mental illness, traumatic injuries, and heart attacks. It focused on the roughly 30 million-one in seven-working-age Americans without health insurance. This group does not include the population over 65 that is covered by Medicare or the nearly 10 million children who are uninsured in this country. The main findings of the report are that working-age Americans without health insurance are more likely to receive too little medical care and receive it too late; be sicker and die sooner; and receive poorer care when they are in the hospital, even for acute situations like a motor vehicle crash.

affordable care act and wellness: *An American Sickness* Elisabeth Rosenthal, 2017-04-11 A New York Times bestseller/Washington Post Notable Book of 2017/NPR Best Books of 2017/Wall Street Journal Best Books of 2017 This book will serve as the definitive guide to the past and future of health care in America."—Siddhartha Mukherjee, Pulitzer Prize-winning author of *The Emperor of All Maladies* and *The Gene* At a moment of drastic political upheaval, *An American Sickness* is a shocking investigation into our dysfunctional healthcare system - and offers practical solutions to its myriad problems. In these troubled times, perhaps no institution has unraveled more quickly and more completely than American medicine. In only a few decades, the medical system has been overrun by organizations seeking to exploit for profit the trust that vulnerable and sick Americans place in their healthcare. Our politicians have proven themselves either unwilling or incapable of reining in the increasingly outrageous costs faced by patients, and market-based solutions only seem to funnel larger and larger sums of our money into the hands of corporations. Impossibly high insurance premiums and inexplicably large bills have become facts of life; fatalism has set in. Very quickly Americans have been made to accept paying more for less. How did things get so bad so fast? Breaking down this monolithic business into the individual industries—the hospitals, doctors, insurance companies, and drug manufacturers—that together constitute our healthcare system, Rosenthal exposes the recent evolution of American medicine as never before. How did healthcare, the caring endeavor, become healthcare, the highly profitable industry? Hospital systems, which are managed by business executives, behave like predatory lenders, hounding patients and seizing their homes. Research charities are in bed with big pharmaceutical companies, which surreptitiously profit from the donations made by working people. Patients receive bills in code, from entrepreneurial doctors they never even saw. The system is in tatters, but we can fight back. Dr. Elisabeth Rosenthal doesn't just explain the symptoms, she diagnoses and treats the disease itself. In clear and practical terms, she spells out exactly how to decode medical doublespeak, avoid the pitfalls of the pharmaceuticals racket, and get the care you and your family deserve. She takes you inside the doctor-patient relationship and to hospital C-suites, explaining step-by-step the workings

of a system badly lacking transparency. This is about what we can do, as individual patients, both to navigate the maze that is American healthcare and also to demand far-reaching reform. An American Sickness is the frontline defense against a healthcare system that no longer has our well-being at heart.

affordable care act and wellness: Population Health Implications of the Affordable Care Act Institute of Medicine, Board on Population Health and Public Health Practice, Roundtable on Population Health Improvement, 2014-03-20 Population Health Implications of the Affordable Care Act is the summary of a workshop convened in June 2013 by the Institute of Medicine Roundtable on Population Health Improvement to explore the likely impact on population health improvement of various provisions within the Affordable Care Act (ACA). This public workshop featured presentations and discussion of the impact of various provisions in the ACA on population health improvement. Several provisions of the ACA offer an unprecedented opportunity to shift the focus of health experts, policy makers, and the public beyond health care delivery to the broader array of factors that play a role in shaping health outcomes. The shift includes a growing recognition that the health care delivery system is responsible for only a modest proportion of what makes and keeps Americans healthy and that health care providers and organizations could accept and embrace a richer role in communities, working in partnership with public health agencies, community-based organizations, schools, businesses, and many others to identify and solve the thorny problems that contribute to poor health. Population Health Implications of the Affordable Care Act looks beyond narrow interpretations of population as the group of patients covered by a health plan to consider a more expansive understanding of population, one focused on the distribution of health outcomes across all individuals living within a certain set of geopolitical boundaries. In establishing the National Prevention, Health Promotion, and Public Health Council, creating a fund for prevention and public health, and requiring nonprofit hospitals to transform their concept of community benefit, the ACA has expanded the arena for interventions to improve health beyond the doctor's office. Improving the health of the population - whether in a community or in the nation as a whole - requires acting to transform the places where people live, work, study, and play. This report examines the population health-oriented efforts of and interactions among public health agencies (state and local), communities, and health care delivery organizations that are beginning to facilitate such action.

affordable care act and wellness: *The Ten Year War* Jonathan Cohn, 2021-02-23 Jonathan Cohn's *The Ten Year War* is the definitive account of the battle over Obamacare, based on interviews with sources who were in the room, from one of the nation's foremost healthcare journalists. The Affordable Care Act, better known as "Obamacare," was the most sweeping and consequential piece of legislation of the last half century. It has touched nearly every American in one way or another, for better or worse, and become the defining political fight of our time. In *The Ten Year War*, veteran journalist Jonathan Cohn offers the compelling, authoritative history of how the law came to be, why it looks like it does, and what it's meant for average Americans. Drawn from hundreds of hours of interviews, plus private diaries, emails and memos, *The Ten Year War* takes readers to Capitol Hill and to town hall meetings, inside the West Wing and, eventually, into Trump Tower, as the nation's most powerful leaders try to reconcile pragmatism and idealism, self-interest and the public good, and ultimately two very different visions for what the country should look like. At the heart of the book is the decades-old argument over what's wrong with American health care and how to fix it. But the battle over healthcare was always about more than policy. *The Ten Year War* offers a deeper examination of how our governing institutions, the media and the two parties have evolved, and the dysfunction those changes have left in their wake.

affordable care act and wellness: Workplace Wellness Programs Study Soeren Mattke, Hangsheng Liu, John P. Caloyeras, Christina Y. Huang, Kristin R. Van Busum, 2013 The report investigates the characteristics of workplace wellness programs, their prevalence and impact on employee health and medical cost, facilitators of their success, and the role of incentives in such programs. The authors employ four data collection and analysis streams: a literature review, a

survey of employers, a longitudinal analysis of medical claims and wellness program data from a sample of employers, and five employer case studies.

affordable care act and wellness: *National Prevention Strategy: America's Plan for Better Health and Wellness* Regina M. Benjamin, 2011 The Affordable Care Act, landmark health legislation passed in 2010, called for the development of the National Prevention Strategy to realize the benefits of prevention for all Americans' health. This Strategy builds on the law's efforts to lower health care costs, improve the quality of care, and provide coverage options for the uninsured. Contents: Nat. Leadership; Partners in Prevention; Healthy and Safe Community Environ.; Clinical and Community Preventive Services; Elimination of Health Disparities; Priorities: Tobacco Free Living; Preventing Drug Abuse and Excessive Alcohol Use; Healthy Eating; Active Living; Injury and Violence Free Living; Reproductive and Sexual Health; Mental and Emotional Well-being. Illus. A print on demand report.

affordable care act and wellness: Health Benefits Coverage Under Federal Law--. , 2007

affordable care act and wellness: Investing in the Health and Well-Being of Young Adults National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on Improving the Health, Safety, and Well-Being of Young Adults, 2015-01-27 Young adulthood - ages approximately 18 to 26 - is a critical period of development with long-lasting implications for a person's economic security, health and well-being. Young adults are key contributors to the nation's workforce and military services and, since many are parents, to the healthy development of the next generation. Although 'millennials' have received attention in the popular media in recent years, young adults are too rarely treated as a distinct population in policy, programs, and research. Instead, they are often grouped with adolescents or, more often, with all adults. Currently, the nation is experiencing economic restructuring, widening inequality, a rapidly rising ratio of older adults, and an increasingly diverse population. The possible transformative effects of these features make focus on young adults especially important. A systematic approach to understanding and responding to the unique circumstances and needs of today's young adults can help to pave the way to a more productive and equitable tomorrow for young adults in particular and our society at large. Investing in The Health and Well-Being of Young Adults describes what is meant by the term young adulthood, who young adults are, what they are doing, and what they need. This study recommends actions that nonprofit programs and federal, state, and local agencies can take to help young adults make a successful transition from adolescence to adulthood. According to this report, young adults should be considered as a separate group from adolescents and older adults. Investing in The Health and Well-Being of Young Adults makes the case that increased efforts to improve high school and college graduate rates and education and workforce development systems that are more closely tied to high-demand economic sectors will help this age group achieve greater opportunity and success. The report also discusses the health status of young adults and makes recommendations to develop evidence-based practices for young adults for medical and behavioral health, including preventions. What happens during the young adult years has profound implications for the rest of the life course, and the stability and progress of society at large depends on how any cohort of young adults fares as a whole. Investing in The Health and Well-Being of Young Adults will provide a roadmap to improving outcomes for this age group as they transition from adolescence to adulthood.

affordable care act and wellness: Tax Expenditures for Health Care C. Eugene Steuerle, 1979

affordable care act and wellness: Coverage Matters Institute of Medicine, Board on Health Care Services, Committee on the Consequences of Uninsurance, 2001-10-27 Roughly 40 million Americans have no health insurance, private or public, and the number has grown steadily over the past 25 years. Who are these children, women, and men, and why do they lack coverage for essential health care services? How does the system of insurance coverage in the U.S. operate, and where does it fail? The first of six Institute of Medicine reports that will examine in detail the consequences of having a large uninsured population, Coverage Matters: Insurance and Health Care, explores the myths and realities of who is uninsured, identifies social, economic, and policy factors that

contribute to the situation, and describes the likelihood faced by members of various population groups of being uninsured. It serves as a guide to a broad range of issues related to the lack of insurance coverage in America and provides background data of use to policy makers and health services researchers.

affordable care act and wellness: The Chief Joan Biskupic, 2019-03-26 An incisive biography of the Supreme Court's enigmatic Chief Justice, taking us inside the momentous legal decisions of his tenure so far. John Roberts was named to the Supreme Court in 2005 claiming he would act as a neutral umpire in deciding cases. His critics argue he has been anything but, pointing to his conservative victories on voting rights and campaign finance. Yet he broke from orthodoxy in his decision to preserve Obamacare. How are we to understand the motives of the most powerful judge in the land? In *The Chief*, award-winning journalist Joan Biskupic contends that Roberts is torn between two, often divergent, priorities: to carry out a conservative agenda, and to protect the Court's image and his place in history. Biskupic shows how Roberts's dual commitments have fostered distrust among his colleagues, with major consequences for the law. Trenchant and authoritative, *The Chief* reveals the making of a justice and the drama on this nation's highest court.

affordable care act and wellness: Achieving Health Equity via the Affordable Care Act National Academies of Sciences, Engineering, and Medicine, Institute of Medicine, Board on Population Health and Public Health Practice, Roundtable on the Promotion of Health Equity and the Elimination of Health Disparities, 2016-01-23 Since its creation by the Institute of Medicine (IOM) in 2007, the Roundtable on the Promotion of Health Equity and the Elimination of Health Disparities has been fostering dialogue on racial and ethnic disparities in health and health care, examining the development of programs and strategies to reduce disparities, and encouraging the emergence of new leadership focused on health equity. For the past several years, a prominent topic of discussion within the roundtable has been the Patient Protection and Affordable Care Act (ACA). The ACA has multiple provisions specific to race, ethnicity, and language and other provisions with significant implications for racially and ethnically diverse populations. In April 2013, the roundtable held a workshop to address many issues surrounding the ACA, including expansion of coverage, delivery systems, and access points, service delivery and payment reform, public-private partnerships, and challenges to the safety net. This report summarizes the presentations and discussions from the workshop.

affordable care act and wellness: Obamacare Wars Daniel Béland, Philip Rocco, Alex Waddan, 2023-02-10 Not five minutes after the Affordable Care Act (ACA) was signed into law, in March 2010, Virginia's attorney general was suing to stop it. And yet, the ACA rolled out, in infamously bumpy fashion, and rolled on, fought and defended at every turn—despite President Obama's claim, in 2014, that its proponents and opponents could finally “stop fighting old political battles that keep us gridlocked.” But not only would the battles not stop, as *Obamacare Wars* makes acutely clear, they spread from Washington, DC, to a variety of new arenas. The first thorough account of the implementation of the ACA, this book reveals the fissures the act exposed in the American federal system. *Obamacare Wars* shows how the law's intergovernmental structure, which entails the participation of both the federal government and the states, has deeply shaped the politics of implementation. Focusing on the creation of insurance exchanges, the expansion of Medicaid, and execution of regulatory reforms, Daniel Béland, Philip Rocco, and Alex Waddan examine how opponents of the ACA fought back against its implementation. They also explain why opponents of the law were successful in some efforts and not in others—and not necessarily in a seemingly predictable red vs. blue pattern. Their work identifies the role of policy legacies, institutional fragmentation, and public sentiments in each instance as states grappled with new institutions, as in the case of the exchanges, or existing structures, in Medicaid and regulatory reform. Looking broadly at national trends and specifically at the experience of individual states, *Obamacare Wars* brings much-needed clarity to highly controversial but little-understood aspects of the Affordable Care Act's odyssey, with implications for how we understand the future trajectory of health reform, as well as the multiple forms of federalism in American politics.

affordable care act and wellness: Handbook of Obesity Treatment, Second Edition

Thomas A. Wadden, George A. Bray, 2018-07-30 The leading clinical reference work in the field--now significantly revised with 85% new material--this handbook has given thousands of practitioners and students a comprehensive understanding of the causes, consequences, and management of adult and childhood obesity. In concise, extensively referenced chapters from preeminent authorities, the Handbook presents foundational knowledge and reviews the state of the science of evidence-based psychosocial and lifestyle interventions as well as pharmacological and surgical treatments. It provides guidelines for conducting psychosocial and medical assessments and for developing individualized treatment plans. The effects of obesity--and of weight loss--on physical and psychological well-being are reviewed, as are strategies for helping patients maintain their weight loss. New to This Edition *Many new authors and topics; extensively revised and expanded with over 15 years of research and clinical advances, including breakthroughs in understanding the biological regulation of appetite and body weight. *Section on contributors to obesity, with new chapters on food choices, physical activity, sleep, and psychosocial and environmental factors. *Chapters on novel treatments for adults--acceptance and commitment therapy, motivational interviewing, digitally based interventions, behavioral economics, community-based programs, and nonsurgical devices. *Chapters on novel treatments for children and adolescents--school-based preventive interventions, pharmacological treatment, and bariatric surgery. *Chapters on the gut microbiome, the emerging field of obesity medicine, reimbursement for weight loss therapies, and managing co-occurring eating disorders and obesity.

affordable care act and wellness: The Price of Global Health Ed Schoonveld, 2011 The Price of Global Health is the first book of its kind: an in-depth but straightforward exploration of the pharmaceutical pricing strategy process, its underlying market access, general business and ethical considerations, and its implications for payers, physicians and patients. It is a much needed and invaluable resource for anybody interested, involved in or affected by the development, funding and use of prescription drugs. In particular, it is of critical importance to pharmaceutical company executives and other leaders and professionals in commercialization and drug development, including marketing, business development, market access and pricing, clinical development, drug discovery, regulatory affairs, health outcomes, market research and public affairs.

affordable care act and wellness: Communities in Action National Academies of Sciences, Engineering, and Medicine, Health and Medicine Division, Board on Population Health and Public Health Practice, Committee on Community-Based Solutions to Promote Health Equity in the United States, 2017-04-27 In the United States, some populations suffer from far greater disparities in health than others. Those disparities are caused not only by fundamental differences in health status across segments of the population, but also because of inequities in factors that impact health status, so-called determinants of health. Only part of an individual's health status depends on his or her behavior and choice; community-wide problems like poverty, unemployment, poor education, inadequate housing, poor public transportation, interpersonal violence, and decaying neighborhoods also contribute to health inequities, as well as the historic and ongoing interplay of structures, policies, and norms that shape lives. When these factors are not optimal in a community, it does not mean they are intractable: such inequities can be mitigated by social policies that can shape health in powerful ways. Communities in Action: Pathways to Health Equity seeks to delineate the causes of and the solutions to health inequities in the United States. This report focuses on what communities can do to promote health equity, what actions are needed by the many and varied stakeholders that are part of communities or support them, as well as the root causes and structural barriers that need to be overcome.

affordable care act and wellness: The Affordable Care Act Tamara Thompson, 2014-12-02 The Patient Protection and Affordable Care Act (ACA) was designed to increase health insurance quality and affordability, lower the uninsured rate by expanding insurance coverage, and reduce the costs of healthcare overall. Along with sweeping change came sweeping criticisms and issues. This book explores the pros and cons of the Affordable Care Act, and explains who benefits from the ACA.

Readers will learn how the economy is affected by the ACA, and the impact of the ACA rollout.

affordable care act and wellness: An Employee's Guide to Health Benefits Under COBRA, 2010

affordable care act and wellness: The Pig Book Citizens Against Government Waste, 2013-09-17 The federal government wastes your tax dollars worse than a drunken sailor on shore leave. The 1984 Grace Commission uncovered that the Department of Defense spent \$640 for a toilet seat and \$436 for a hammer. Twenty years later things weren't much better. In 2004, Congress spent a record-breaking \$22.9 billion dollars of your money on 10,656 of their pork-barrel projects. The war on terror has a lot to do with the record \$413 billion in deficit spending, but it's also the result of pork over the last 18 years the likes of: - \$50 million for an indoor rain forest in Iowa - \$102 million to study screwworms which were long ago eradicated from American soil - \$273,000 to combat goth culture in Missouri - \$2.2 million to renovate the North Pole (Lucky for Santa!) - \$50,000 for a tattoo removal program in California - \$1 million for ornamental fish research Funny in some instances and jaw-droppingly stupid and wasteful in others, The Pig Book proves one thing about Capitol Hill: pork is king!

affordable care act and wellness: Primary Care and Public Health Institute of Medicine, Board on Population Health and Public Health Practice, Committee on Integrating Primary Care and Public Health, 2012-07-19 Ensuring that members of society are healthy and reaching their full potential requires the prevention of disease and injury; the promotion of health and well-being; the assurance of conditions in which people can be healthy; and the provision of timely, effective, and coordinated health care. Achieving substantial and lasting improvements in population health will require a concerted effort from all these entities, aligned with a common goal. The Health Resources and Services Administration (HRSA) and the Centers for Disease Control and Prevention (CDC) requested that the Institute of Medicine (IOM) examine the integration of primary care and public health. Primary Care and Public Health identifies the best examples of effective public health and primary care integration and the factors that promote and sustain these efforts, examines ways by which HRSA and CDC can use provisions of the Patient Protection and Affordable Care Act to promote the integration of primary care and public health, and discusses how HRSA-supported primary care systems and state and local public health departments can effectively integrate and coordinate to improve efforts directed at disease prevention. This report is essential for all health care centers and providers, state and local policy makers, educators, government agencies, and the public for learning how to integrate and improve population health.

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is a book about the music everyone loves, the music everyone hates, and the decades-long argument over which is which. The opposite of a modest proposal, Major Labels pays in full.

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Topics include the impact on health care costs for families, states, and the federal government; the effect of the Affordable Care Act on employer-sponsored insurance; and the role of health status on coverage under the Affordable Care Act.

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Harry P. Selker, June S. Wasser, 2013-09-05 This book examines the landmark 2010 Patient Protection and Affordable Care Act (ACA) from the perspective of health policy research as translational science. It delineates a new perspective about the creation and potential impact of the ACA and guides the development of health policy that is supported by best evidence that, in turn, transforms into practice, policy, and public benefit. Told by those involved in the creation and implementation of the ACA, the book reviews the history and impact of this ground-breaking legislation and recommends priorities, objectives, and next steps for translational research as the ACA is implemented. The book includes coverage of these topics: · Objectives of the ACA · Analysis of data collected from healthcare reform programs in Vermont and Massachusetts to inform national implementation of the ACA · Engaging the public in, and building support for, ACA implementation · Interplay of federal, state, and local healthcare policy decisions arising from the enforcement of the ACA Featuring contributions from nationally renowned leaders in healthcare policy, this book adds to the public conversation about the ACA and its role in shaping health policy and contributes to a more realistic, nuanced, and productive understanding of this landmark legislation by physicians, policy makers, and the public. It also provides a framework for next steps in continuing to improve U.S. health policy.

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