

## FOR IMMEDIATE RELEASE

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### Report Helps Consumers Choose Health Plans

*VHI Newly Released Report Compares HMOs on Cost and Quality*

RICHMOND, VA—Open enrollment is fast approaching for thousands of HMO members in Virginia. Every year during this period, members have the option of selecting a health plan by comparing plan benefits and monthly premiums for the upcoming year. Just in time to help in the decision making process, **Virginia Health Information** today released its independently produced **Compare HMOs** report on HMO quality and satisfaction at [http://vhi.org/hmo\\_compare.asp](http://vhi.org/hmo_compare.asp)

“Are you enrolled in a PPO? Consumers still win because many rankings between a health insurance company’s HMO and PPO are the same or similar” said Michael Lundberg, VHI’s Executive Director.

Published online and free to consumers, **Compare HMOs** contains five years of comparable information. Measures include how easy it was to get care, how effective it was, member satisfaction, the HMO size and premium information. Using VHI’s report, consumers are able to compare how HMOs rank in effectiveness of care in preventive screenings such as breast, cervical and colorectal cancer. With flu season just around the corner, consumers can compare how often members received flu shots and other preventive tests among HMOs in Virginia. For example:

- 80% of adolescent members received recommended immunizations
- 55% of middle age adults received a flu shot
- 70% of women members received the recommended mammogram
- 78% of women received an annual pap smear within the last two years
- 64% of adults who received a screening for colorectal cancer

“We believe the HMO cost and quality information VHI publishes serves as a valuable tool to help consumers choose health insurance coverage” notes Doug Gray, Executive Director of the Virginia Association of Health Plans.

The report also includes information on HMO premiums, membership and satisfaction:

- In 2010 the average premium per month per member increased from \$320 to \$355
- The number of enrollees grew 10% in 2010 topping well over 1,000,000 HMO members
- 86% of Virginia HMO members said they were always able to get care quickly

VHI also offers tools such as the **HMO Finder**, which lists all HMOs serving residents by their zip code as well as links to HMO websites that may provide rate quotes and plan descriptions.

**Virginia Health Information (VHI)** is a nonprofit organization that businesses, consumers, the Commonwealth of Virginia and health insurance companies come to for health information. For those without Internet access call 1-877-VHI-INFO to receive information by mail. **VHI** publishes reports and consumer guides on health insurance, hospitals, HMOs, nursing facilities, physicians and other topics at [www.vhi.org](http://www.vhi.org).

**VIRGINIA HEALTH INFORMATION**

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