

Effective: 7/1/2023

Lycoming County Insurance Consortium 2023 Highmark Plan Updates

Annual Limitations

- The annual limitation on in-network out-of-pocket maximums for non-qualified plans increases to \$9,100 for self-only coverage and \$18,200 for family coverage in 2023.
- The minimum in-network deductible for qualified high deductible plans increases to \$1,500 for an individual and \$3,000 for a family in 2023.

Preventive Care

- Nutritional counseling: The US Preventive Services Task Force (USPSTF) recommends counseling women 40 to 60 years of age with normal or overweight body mass index to maintain weight or limit weight gain to prevent obesity. Counseling may include individualized discussion of healthy eating and physical activity. Previously this counseling was only recommended for overweight women. Effective 1/1/2023.
- The recommendation for the use of aspirin for those ages 50 to 59 to reduce the risk of stroke and heart attack is being removed from the preventive schedule. The USPSTF lowered the recommendation to a level which does not require zero cost share under the preventive ACA mandate. Effective 1/1/2023.
- The USPSTF recommends screening for anxiety in children and adolescents aged 8 to 18 years. Effective 7/1/2023.

Autism Spectrum Disorders

- Effective 1/1/2023 upon renewal, the age limit requiring that benefits be provided for members under twenty-one (21) is being removed.