

## Interactive Polling Questions

**1. Which of the following won a 2017 Emmy Award from the National Academy of Arts and Sciences?**

- a. The Wizard of Lies
- b. Feud: Bette and Joan
- c. The Convenings
- d. Shameless
- e. Baskets
- f. Grace and Frankie

**Answer – c.**

The National Academy of Television Arts and Science Upper Midwest Chapter Board of Governors Award, the most prestigious Regional Emmy Award in the Chapter, went to The Convenings, hosted by today's esteemed speaker, Cathy Wurzer. The Convenings is a result of a multi-year effort to help Minnesotans talk about late-life planning and living as fully as possible until the end of life.

**2. What is your favorite 2017 Emmy Award winning show (other than The Convenings!)?**

- a. Big Little Lies
- b. VEEP
- c. The Handmaid's Tale
- d. Better Call Saul
- e. Last Week tonight with John Oliver

**Answer – No correct answer**

**3. With reducing stigma and improving access to mental health care rapidly rising on the priority list for most organizations, what is the top tactic being used to help reduce stigma in the workplace?**

- a. Communication and education for all employees
- b. Communication and training for executives
- c. Communication and training for supervisors and managers
- d. Revised company programs and policies

**Answer – a.**

Over 33 percent of surveyed employers say they are increasing mental health communications for all employees, with another 16 percent planning to do so in the coming year. B, C and D are the next most popular tactics being deployed to reduce stigma. (*Source – 2018 Minnesota Health Action Group Annual Employer Benefits Survey*)

**4. About what percent of people being treated with antidepressants may NOT be benefitting from the active pharmacological effects of the drugs themselves?**

- a. 20%
- b. 25%
- c. 40%
- d. 50%

**Answer – d: 50 percent**

While antidepressants are invaluable and even life-saving for countless patients, there is debate about whether the psychosocial treatment path is a more effective first line of defense than the medication path. (Source: Dr. Steven Hollon, Vanderbilt University, reported in the MN Health Action Group Working Well in Minnesota employer guide)

- 5. Approximately how many hours do each of us spend working in our lifetime?**
- a. 26,000 hours
  - b. 41,000 hours
  - c. 90,000 hours
  - d. 112,000 hours

**Answer – c.**

On average, each of us spends an astounding 90,000 hours working during our lifetime. Keynote speaker, Monica Worline, suggests we can unlock more potential in all of those hours by tapping into resources such as positive connection, compassion, courage and curiosity.

- 6. According to Monica, our work can enliven or deaden us a bit each day. Which is it for you?**
- a. Enliven
  - b. Deaden

**Answer – No correct answer**

- 7. Research indicates that employee wellness investments pay off in productivity and reduced health care costs. How much can an employer expect to see in reduced medical claims per employee by investing in employee wellness?**
- a. \$1,421
  - b. \$1,222
  - c. \$950
  - d. \$600

**Answer – a: \$1,421**

So, a company with 5,000 employees may save well over \$7 million per year by investing in wellness. (Source: Mayo Clinic, 2018)

- 8. What are the most prevalent and increasingly concerning health issues for Minnesota employers?**
- a. Tobacco use and depression
  - b. Opioid use and obesity
  - c. Mental health and obesity
  - d. Alcohol abuse and tobacco use

**Answer – 3: Mental health and obesity**

According to the Minnesota Health Action Group's 2018 Annual Employer Benefits Survey, obesity and mental health are top of mind for employers.

**9. Average annual health care costs for a person with obesity are about how much higher than for a person of normal weight?**

- a. \$900
- b. \$1,350
- c. \$1,429
- d. \$1,680

**Answer – c: \$1,429**

With the presence of obesity, the annual per patient cost is about \$1,429 higher than for a person of normal weight. (Source: [Centers for Disease Control and Prevention](#))

**10. People with prediabetes who take part in a structured lifestyle change program can cut their risk of developing type 2 diabetes by what percent?**

- a. 42.7%
- b. 58%
- c. 22.2%
- d. 10.6%

**Answer – b: 58%**

Lifestyle change programs have been proven to work, showing that people who participate and lose just 5% to 7% of their body weight can cut their risk of developing type 2 diabetes by 58%. This increases to 71% for people over age 60. (Source: [Centers for Disease Control, 2017](#))

**11. What percent of Americans are now living with obesity?**

- a. 50.2%
- b. 41%
- c. 36.5 %
- d. 22.1%

**Answer – c: 36.5%**

More than one-third of American adults are now living with obesity. Our panelists will help us learn how to change the discussion on obesity by focusing on prevention, intervention and treatments that work. (Source: [Centers for Disease Control and prevention, 2018](#))

**12. What percent of Minnesotans have created a health care directive, a written plan for health care providers and loved ones to follow if a patient cannot speak for themselves?**

- a. 82%
- b. 61%
- c. 49%
- d. 32%

**Answer – d.**

Only about 32% of Minnesota adults have completed a health care directive. (Source: [Honoring Choices Minnesota](#))

**13. With 96% of U.S. hospitals now using electronic medical records, most emergency room doctors are confident they can locate patient health care directives in those records...**

- a. True
- b. False

**Answer – b: False.**

Less than one-third of emergency room doctors say they are confident they could locate this vital information in an electronic medical record. (Source: *American Academy of Estate Planning Attorneys, January 2017*)

**14. Of the 90% of people who say it is important to talk to loved ones about end-of-life care, what percent have actually done so?**

- a. 27%
- b. 35%
- c. 51%
- d. 96%

**Answer – a.**

Only about 27% of Americans have talked to their loved ones about end-of-life care, even though 90% think it's important. But there is hope! In La Crosse, Wisconsin, where health care and community leaders have normalized the conversation, 96% of residents have filled out an advance directive. (Source: *Gunderson Health System, La Crosse, WI*)

**15. About 80% of people say that if they were seriously ill, they would want to talk to their doctors about end-of-life care. What percent have had the conversation?**

- a. 50%
- b. 38%
- c. 22%
- d. 7%

**Answer – d.**

Just 7% of those who want to talk to their doctors about end-of-life care have done so. (Source: *Honoring Choices Minnesota*)

**16. In 2016, Minnesota health care providers wrote how many prescriptions for opioids?**

- a. 5 million
- b. 3.5 million
- c. 1.2 million
- d. 980,000

**Answer – b.**

In 2016, the latest year for which this data is available, Minnesota health care providers wrote 3.5 million prescriptions for opioids. That's enough for 62 percent of the state's population to have access to these powerful drugs. (Source: *Minnesota Department of Health*)

**17. How much has Minnesota committed to combat the growing opioid epidemic?**

- a. \$2.5 million
- b. \$6 million
- c. \$15 million
- d. \$25 million
- e. \$40 million

**Answer – d.**

Minnesota has already committed \$25 million in state and federal resources to combat the growing epidemic. Local and state leaders are also pushing for new oversight of dangerous prescription painkillers that often lead to opioid addiction. (Source: *Pioneer Press, February 19, 2018*)

**18. Annually, prescription opioid abuse costs about how much in lost workplace productivity in the U.S.?**

- a. \$25.6 billion
- b. \$10 billion
- c. \$950 million
- d. \$810 million

**Answer - a.**

Prescription opioid abuse is costing U.S. employers an estimated \$25.6 billion every year, partly because of its far-reaching tentacles. The opioid crisis involves many stakeholders, including people struggling with addiction and their friends, families and coworkers, health care providers, pharmacists, insurers, employers, professional-licensing boards, law enforcement, and the criminal justice system. (Source: [Office of the Minnesota Attorney General](#))

**19. About how many people die every day in the U.S. from drug overdose?**

- a. 20
- b. 50
- c. 98
- d. 115

**Answer – d.**

115. That means 63,600 Americans die from drug overdose each year, including 42,249 that involved an opioid, which is 66.4 percent of drug overdose deaths. (Source: [Centers for Disease Control and Prevention](#))

**20. Which health insurance giant hopes to buy pharmacy benefits manager Express Scripts for a whopping \$67 billion?**

- a. Cigna
- b. Aetna
- c. UnitedHealthcare
- d. Blue Cross Association

**Answer – a.**

Cigna's proposed purchase of Express Scripts for \$67 billion comes just three months after its rival, Aetna, agreed to be bought by drugstore chain CVS for \$69 billion. (*Source: CNN Money, 2018*)

**21. According to Warren Buffet, “the ballooning costs of health care act as a hungry tapeworm on the American Economy.” What are his reasons for saying this?**

- a. The health care industry's largest players are driven by profit-making incentives.
- b. Over 50% of the American adult population now has a chronic disease, driving 86% of our costs.
- c. Health care spending represents 18% of the gross domestic product (GDP)...and is rising.
- d. Other industrialized nations' health care spending is about 11% of the GDP, putting us at a huge disadvantage.
- e. The average annual cost of health care per person in America is \$10,000, up from \$170 in 1960.
- f. All of the above
- g. None of the above

**Answer: f.**

Warren Buffet cited these issues, among many others, for why he and Berkshire Hathaway, along with Amazon and JPMorgan announced a joint venture to cut health care costs and improve services for their U.S. employees.

**22. Which big announcement in April was said to “signify the beginning of an avalanche” in health care?**

- a. Humana's purchase of Kindred Healthcare.
- b. The CVS-Aetna merger
- c. Walmart's plan to purchase Humana.
- d. The proposed Cigna-Express Scripts merger

**Answer: c.**

While there is an enormous amount of unrest in the health care industry, the proposed Walmart-Humana deal is said to have taken health care mergers to a completely new level of complexity and transformation by intermingling the health care industry with disparate parts of the retail world.

**23. Medical bills are the leading cause of personal bankruptcy in the U.S.**

- a. True
- b. False

**Answer – a: True.**

At 62%, medical bills are the leading cause of personal bankruptcy in the U.S. — and 72% of those declaring personal bankruptcy had health insurance.

**24. Minnesota general industry employers are experiencing health care trend, on average, of what percent?**

- a. 5.5%
- b. 6.9%
- c. 7.4%
- d. 8.7%

**Answer – d: 8.7%**

Minnesota general industry employers are experiencing health care trend greater than the national average of 7.4%, with the average (total including employer and employee share) increasing to 8.7%. (Source: 2018 Minnesota Health Action Group Employer Benefits Survey)

**25. What is the key tactic polled employers are using to improve the affordability of specialty drugs?**

- a. Changing drug coverage copayments and coinsurance amounts
- b. Limiting access to high-cost specialty drugs
- c. Carving out specialty drug benefits
- d. Communicating with employees to help them understand drug costs and how to be informed consumers

**Answer – d: Communicating with employees**

Employers understand that with 88 percent of American adults considered to be functionally health illiterate, they have a lot of work to do if their employees are expected to behave like informed health consumers. A full 62 percent of polled employers say they are communicating regularly with employees about the high cost of specialty drugs in hopes of reining in unsustainable trends. (Source: 2018 Minnesota Health Action Group Employer Benefits Survey)

**26. What are the top two patient safety concerns for 2018, according to the ECRI Institute?**

- a. Diagnostic errors and opioid safety across the continuum of care
- b. Internal care coordination and workarounds
- c. Incorporating health IT into patient safety programs and management of behavioral health needs in acute care settings
- d. All-hazards emergency preparedness and device cleaning, disinfection and sterilization
- e. Patient engagement and health literacy and leadership engagement in patient safety

**Answer – a.**

While diagnostic errors and opioid safety top the ECRI list, B-E representing the eight concerns that round it out. (Source: [ECRI Institute](#)).

**27. In a summary of The Action Group's Annual Employer Benefits Survey, employers were said to be working purposefully toward goals to improve the health care system overall with...**

- a. Dread, angst and worry
- b. Ibuprofen, Pepto Bismol, and Aspercreme
- c. Confidence, resolve and optimism

**Answer – c: Of course!**

We can always count on Action Group members to stay focused on innovating and collaborating to address health care benefits complexities and challenges.

**28. As you evaluate potential innovative solutions, how do you decide which ones to add to your benefit offerings?**

- a. Potential cost savings
- b. Improvements in employee productivity and job satisfaction
- c. Need to address top claims drivers
- d. We rarely add innovative solutions because we are overwhelmed by the number of new solutions coming to market

**Answer: No correct answer**

**29. What do polled Minnesota employers say are the top two innovative services they offer employees:**

- a. Telemedicine/virtual care and financial wellness
- b. Centers of excellence and retail clinics
- c. Disease management and mobile devices/applications
- d. Total well-being and narrow networks

**Answer – a: Disease management and telemedicine**

The two most common services changed for the first time in three years to telemedicine/virtual care with live coaches and providers and financial wellness. (Source: *2018 Minnesota Health Action Group Annual Employer Benefits Services*)

**30. At my organization, the following must be demonstrated before we are likely to consider adopting a health care innovation.**

- a. Lower cost, better outcomes
- b. Improved access and simplicity
- c. Less administrative complexity, greater efficiency
- d. All of the above
- e. None of the above

**Answer: No correct answer**

**31. How much did digital health startups raise in 2017?**

- a. \$200 million
- b. \$980 million
- c. \$3 billion
- d. \$6.3 billion
- e. \$11.5 billion

**Answer: d. \$11.5 billion.**

Digital health startups raised an impressive \$11.5 billion in 2017; up 27 percent over 2016. ([MassDevice](#), March 28, 2018)



**32. Of the five innovations described, which one has the most potential to meet the objectives of an employer's health care programs?**

- a. Vivante Health
- b. Maven Clinic
- c. Geneticure
- d. Sandstone Diagnostics
- e. Cariloop

**Answer: No correct answer**

**33. As I leave this Summit, I am most excited about taking action to:**

- a. Learn more about how I can help awaken compassion at work to create a more positive workplace culture
- b. Identify opioid risk among employees and take action to reduce risk and improve prevention and intervention strategies
- c. Explore opportunities to help employees live more abundantly by defining and embracing their purpose
- d. Implement a comprehensive weight management program for employees with obesity
- e. Become involved in initiatives or programs that will contribute to breaking the health care mold
- f. Adopt one of the innovative solutions profiled today to help address the health care challenges facing my organization
- g. Continue new networking relationships initiated at today's Summit

**Answer: No correct answer**

**34. If I were to write the "headline" for today's Summit, it would be:**

- a. "Summit Participants View Health Care Industry Challenges Through a New Lens"
- b. "Innovators Astonish Summit Attendees with Creative, New Technologies"
- c. "Minnesotan Employers Commit to Taking Action to Make Health Care More Affordable and Accessible"
- d. "Networking! Summit Attendees Agree: Sharing Ideas and Best Practices Invaluable"

**Answer: No correct answer**