Smart Choice Health Insurance© Workshops have impact! People leave with confidence to make smart health insurance purchase decisions.

This finding is based on data from 994 consumers who participated in the Smart Choice research and education project.

These consumers were diverse in income, education, and age levels, as well as in sex and race. Regardless of differences in these socio-economic characteristics, the Smart Choice workshops increase confidence.

Certified Smart Choice Extension Educators taught 134 workshops in seven states between September 2013 and May 2014. Impact of the workshops was measured by valid and reliable questions developed and tested by the American Institutes of Research (AIR).

The main questions and answers generated through data analysis were:

**Question 1:** Did participation in the Smart Choice health insurance workshops relate to an increase in consumers’ confidence to make a smart health insurance decision?

Answer: Yes.

On a scale of 1 to 4, with 1 being not at all confident and 4 being very confident, consumers moved from 2.2 before the workshop to 3.11 at the end of the workshop—an increase in confidence!

**Question 2:** Did participation in the Smart Choice health insurance workshops relate to an increase in consumers’ likelihood to compare health insurance plans on such items as what they would have to pay for prescription drugs, or emergency department visits, or specialist visits?

Answer: Yes.

Using the same scale of 1 to 4, with 1 being not at all likely and 4 being very likely, consumers moved from 2.9 before the workshop to 3.33 at the end of the workshop—an increase in likelihood to take action!
Hypothesis

A hypothesis grew out of the review of research and health and education theories: if confusion could be reduced and confidence and capability increased, consumers would be able to make Smart Choice health insurance decisions. This hypothesis is expressed as:

\[ RC + IC & IC = SC \]
\[ \text{Reduce Confusion} + \text{Increase Capability} + \text{Increase Confidence} = \text{Smart Choice} \]

Statistical Evidence

Statistical evidence was needed to either prove or disprove the hypothesis. Therefore, analyses were done to test the combined workshop data for statistical significance (meaning that the change was due to the workshop and not some other factor).

Conclusions

1) The change in the confidence scores was statistically significant, indicating that the workshop increased consumers’ confidence.

2) The change in consumers’ perceived capability to take action scores was statistically significant, indicating that they were likely to:
   - Determine which doctors and hospitals are covered.
   - Understand what they would have to pay for prescription drugs, emergency departments, and specialist visits.
   - Find out if they have to meet a deductible and if unexpected costs are covered.

3) The increase in confidence and likeliness to take action was reported by consumers of all sex, race, education, and income levels, and regardless of whether they currently had health insurance or not.

Smart Choice Workshops have impact across diverse audiences!

<table>
<thead>
<tr>
<th>Education</th>
<th>Less than HS</th>
<th>HS Grad or GED</th>
<th>Some College, or Associate’s Degree</th>
<th>Bachelor’s Degree</th>
<th>Grad or Professional Degree</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>3%</td>
<td>20%</td>
<td>25%</td>
<td>34%</td>
<td>18%</td>
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</table>

<table>
<thead>
<tr>
<th>Income</th>
<th>Less than 25,000</th>
<th>25,000-49,999</th>
<th>50,000-74,999</th>
<th>75,000 or over</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>8%</td>
<td>27%</td>
<td>53%</td>
<td>9%</td>
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</table>

<table>
<thead>
<tr>
<th>Age</th>
<th>18 - 29</th>
<th>30 - 49</th>
<th>50 - 64</th>
<th>65 - 75</th>
<th>Over 75</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>25%</td>
<td>53%</td>
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In total, 1010 people from seven states participated in the *Smart Choice* workshops. Of the 1010 people who participated in the workshops, 994 voluntarily consented to be involved in the *Smart Choice* research component.

In Maryland, 211 people in 10 counties and the City of Baltimore participated in *Smart Choice*© workshops.

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For more information on this and other topics visit the University of Maryland Extension website at www.extension.umd.edu
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