



## Master Plan for Aging Recommendations from CARA

**Goal #3:** Health and Well-Being. We will live in communities and have access to services and care that optimize health and quality of life.

**Objective 3.2:** Californians will have access to quality, affordable, and person-centered health care through delivery systems that are age friendly, dementia-friendly, and disability-friendly.

**Recommendations:** The MPA should advocate for California to develop a Single Payer/Improved Medicare for All System that all Californians participate in and have access to, including seniors and people with disabilities.

**Description:**

- California is in a key strategic position to implement a single payer system that merges all payers of health care (public programs, private insurance, employer based care, and Medicare and MediCAL) to provide a quality, accessible and comprehensive benefit package while reducing costs to beneficiaries and payers.
- California's (and our Country's) health care system is disjointed, expensive, complicated, with outcomes that are inferior to most other industrialized nations.
- Californians and public programs pay too much for insurance premiums and out of pocket costs that don't cover what people actually need and have huge overhead expenses that are wasted (advertising costs, administrative overhead, profits, etc.) Even seniors and people with disabilities who have Medicare, still have huge premiums and co-pays with their supplemental coverage, and find that their plans do not cover essential services like dental, vision, podiatry, durable medical equipment or long term supports and services. Even those plans that advertise these services, don't actually provide them.
- Consumers are limited to very specific networks of providers, and to formularies for services and medications that may not meet their needs.
- The Governor of California has created a Healthy California Commission that is supposed to be dedicated to developing a path forward to an Improved Medicare for All system that has a comprehensive benefit package to cover all essential health (both mental and physical health) services that will cost the consumer, the employer, and the government less by pooling resources, assigning payment schedules, and eliminating the insurance company middlemen and profit motive. Insurance companies do not provide health care! They stand between the consumer and their providers by determining what they want to pay for, who the patient can see, and how much service they can get. Patients and providers should be able to make medical decisions without interference, based on sound medical advice, evidence based care, and best practices.
- The Master Plan on Aging should advocate for a Medicare for All system in California, and work with the Governor's Health care Commission to pave the way to move California forward and provide high quality, affordable health care with comprehensive benefits to all Californians. California, as the 5<sup>th</sup> largest economy in the world, can lead the rest of our country toward a Medicare for All System.

**Target population and Numbers:** All residents of California.

**Evidence:** Every study done over the last 20 years by the Lewin Group, the University of Mass. – Amherst, and countries around the world have proven that by including everyone in one health care pool and delivery system, it saves money for the government and for employers and individuals while improving outcomes and giving consumers the best choice of providers and services.

**Indicators:** Health outcomes will improve as people will seek care when they need it – not based on costs – and have a choice of providers. Residents of Japan actually visit providers ten times more than Americans, are much healthier, have longer life expectancies, and spend less overall on care because they avoid costly, difficult procedures by managing their health and focus on wellness and prevention.

**Potential cost:** The LAO estimates that this will cost California \$400 billion dollars/year to cover everyone with a comprehensive benefit. California already spends \$387 billion/year on dozens of programs and services that are uncoordinated and less effective, and for those Californians on MediCAL and other government programs. The additional \$13 billion will need to be raised through taxes (gross receipts, payroll, income, or some combination), but most consumers would pay less than they are currently paying and receive much better benefits.

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