

INSURANCE MATTERS

COUNTY COMMISSIONERS ASSOCIATION OF PENNSYLVANIA
THE **VOICE** OF PENNSYLVANIA COUNTIES



PIMCC: Prison Inmate Medical Cost Containment Program

The Prison Inmate Medical Cost Containment (PIMCC) program is organized under the sponsorship of CCAP as a Pennsylvania intergovernmental cooperative. PIMCC provides various services to assist counties with their correctional medical departments through Act 22 Services and through the PIMCC Membership.

PIMCC and Act 22 Services

In October 2011, the PIMCC program began serving as the county liaison with the Department of Human Services and the Department of Corrections. For inmate medical services, Act 22 caps outpatient medical fees at the Medicare rates and inpatient hospital fees at Medicaid rates. The PIMCC Act 22 Services are specific to inpatient hospital services only and revolve around the payment of the inpatient hospital bills, which are handled through PIMCC. All Pennsylvania counties can benefit from Act 22 inpatient related services regardless of whether or not they hold membership in PIMCC. **With the enactment of Act 22, Pennsylvania counties have experienced a savings of 95 percent on inmate inpatient claims.**

PIMCC Membership

The PIMCC Membership provides additional savings to its members through inmate outpatient medical bill audits, hospital case management, and reports which include facility trends, bill activity reconciliation and pharmacy activity. The reports along with onsite meetings allow opportunities to review for potential savings. The program also assists in obtaining provider services through PIMCC partners and other contract negotiations.

For more information, contact Desiree Nguyen at dnguyen@pacounties.org.



PIMCC

Prison Inmate Medical
Cost Containment

Provides medical cost management and education to assist county prisons with the containment of costs related to inmate medical expenses

- Auditing of inmate medical bills
- Drug formulary for physician use
- Subrogation to insurance when applicable
- Group prescription drug purchasing program
- Monthly pharmacy invoice review and trending report
- Preliminary notification program for outside treatment
- Periodic on-site visits to discuss trends and program status
- PIMCC Manual with recommended procedures and forms
- Complete review of existing medical program and service providers
- Ongoing communication with prison medical personnel
- Discount fee negotiations with medical service provider
- Assistance in obtaining statewide provider services
- Concurrent review of all hospitalizations
- Electronic newsletter (three per year)
- Overall case management

For more information, contact
Desiree Nguyen at dnguyen@pacounties.org



Driving During the Winter Season: Safe Driving Tips

Driving during the winter months can be a challenge. Driving over the mountains or down in the valleys there can always be a surprise or challenge ahead of you. Below is a list of some of the top tips to bring you on your journey safely and hopefully stress free.

Check List:

- Bring your vehicle into your mechanic for a quick service review for winter driving conditions.
- Check the heating and defrost system in your vehicle and your wiper blades.
- Make sure you have a heavy set of gloves, a shovel, an ice scraper, and a bag of playground sand or cat litter in your vehicle.
- Always keep an emergency preparedness kit in your vehicle that is up to

date and ready to go.

- An emergency bag with an extra hat and gloves, scarf, blankets, non-perishable snacks and water. If you're traveling a long distance, make sure you have boots and a shovel in the vehicle. Always have an extra phone charger in your coat pocket when you travel.
- Warm up your vehicle prior to leaving. Make sure everything is running well, check your tires with a walk around. Fill up your gas tank always prior to leaving.
- While driving put the phone away, no need for distractions.
- Leave for your destination 30 minutes before you normally would due to weather conditions. Better to arrive early than be stressed and late.

For more information, contact Laura Simon at lsimon@pacounties.org.



**SPRING 2025
WORKSHOP SEASON**

For more information on topic descriptions,
times and locations, please visit
www.pacounties.org/insurance/glimpse

Spring Workshop Season is Almost Here!

Spring workshop season begins March 27, and preparations are underway to provide all Pennsylvania counties with risk management and loss prevention educational resources. As a reminder, most of the workshops are **FREE** to attend if your county is a member of the sponsoring Insurance Programs. To

check membership status, please refer to [CCAP Insurance Programs Member Listings](#).

For more information, contact Linda Rosito at lrosito@pacounties.org.



Warning Signs of Overstress Conditions During a Snow Event

Building maintenance is critical when preparing for winter. Overstressed roofs typically display some warning signs. Wood and steel structures may show noticeable signs of excessive ceiling or roof sagging before failure.

The following warning signs are common in wood, metal, and steel constructed buildings:

- Sagging ceiling tiles or boards, ceiling boards falling out of the ceiling grid, and/or sagging sprinkler lines and sprinkler heads
- Sprinkler heads deflecting below suspended ceilings
- Popping, cracking, and creaking noises
- Sagging roof members, including metal decking or plywood sheathing
- Bowing truss bottom chords or web members
- Doors and/or windows that can no longer be opened or closed
- Cracked or split wood members
- Cracks in walls or masonry
- Severe roof leaks
- Excessive accumulation of water at non-drainage locations on low slope roofs

Accumulations of snow on the roofs of buildings and/or structures, may result in structural and/or roof-covering damage, as well as resulting damage to the contents below. Damage may result from inadequate structural design, drifting of snow in areas of differing roof elevations and/ or excessive weight of rain following snow.

Ways to protect your buildings and structures:

- Maintain an indoor temperature above 40° F (5° C).
 - Circulate indoor air so temperatures near outer walls do not drop.
 - Check indoor temperatures regularly or install building temperature supervision alarms.
 - Monitor snow, ice, and water accumulations on rooftops (especially those vulnerable to snow drifting), and remove excessive accumulations if safe to do so.
 - Keep roof drains clear of ice and snow, and clear paths to the drains.
 - If necessary, turn on faucets and allow them drip slowly. This is especially true for pipes located on outside walls.
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Importance of Physical Inspections at Facilities

The purpose of physical inspections of county facilities is to identify potential exposures, perils and hazards. The development of a list or guide to gather information that results in exposure identification should be in an organized and orderly manner.

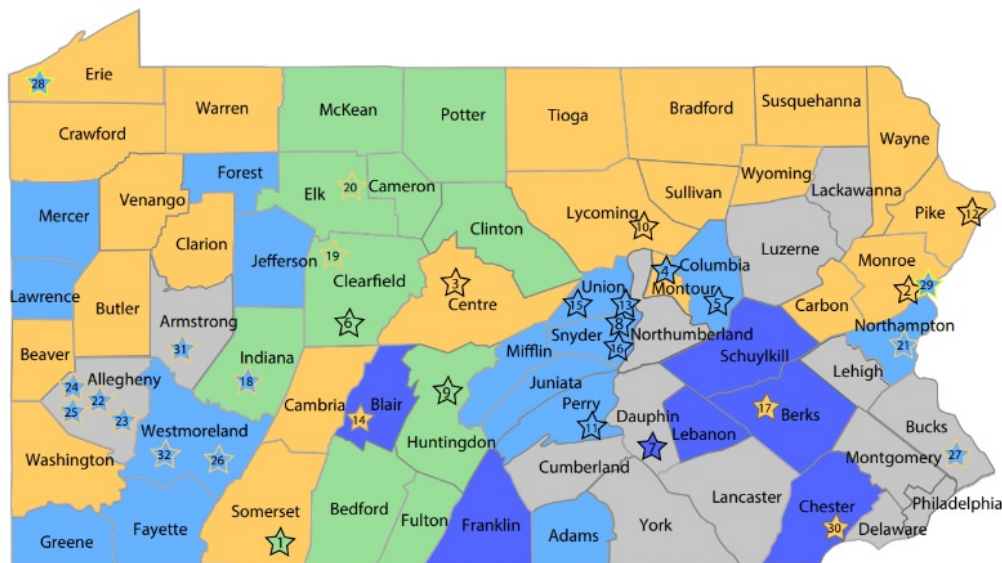
When using a checklist or survey, a standardized approach is recommended. By doing so, those staff who lack risk management expertise will be able to successfully perform the inspection. However, keep in mind that inspections cannot cover all areas of your operations and, therefore, new exposures or risks may be missed. These surveys do not reflect the severity of exposures.

Surveys gather general information about the facility and activities of an organization. In many instances, while performing the survey, staff may share operational information which may identify potential exposures – this critical sharing of information can assist in the development of risk prevention or mitigation strategies. The documenting of hazards and assets (including staff) is important especially for those operations where the public heavily interacts with staff or is a visitor to that location. Surveys also provide a visual of work processes, work locations, number of personnel at each location and potential

hazards that are specific to that location.

As part of the county's safety committee activities, the performance of physical inspections is critical to the success of the committee. CCAP's Risk Control Specialists are available to assist in the development of surveys, checklists and education on how to perform inspections. CCAP's Risk Control Specialists are available to assist your staff in the performance of inspections.

For more information, contact Keith Wentz at kwentz@pacounties.org.



KEY:	1 = Bedford-Somerset DB/HS	Clearfield/Jefferson Counties	11 = Perry County Senior Center	15 = Union-Snyder Agency on Aging
● = Andrew	2 = Carbon Monroe Pike MH/DS	7 = County Commissioners Association of PA	12 = Pike County Economic Development Authority	16 = Union-Snyder Community Action Agency
● = Keith	3 = Central Counties Youth Center	8 = CSR/911	13 = SEDA Council of Governments	
● = Kelly	4 = CMSU	9 = Huntingdon-Bedford-Fulton AAA	14 = Southern Allegheny Planning Commission	
● = Laura	5 = Columbia County Traveling Library	10 = Lycoming-Clinton Joinder		
● = Non-Member	6 = Community Connections of			
PELICAN:				
17 = Berks-Heim Nursing & Rehabilitation	22 = Kane Community Living Centers - Glen Hazel	25 = Kane Community Living Centers - Scott Township	30 = Pocopson Home	31 = The Ridge at Heritage Meadows
18 = Communities at Indian Haven	23 = Kane Community Living Centers - McKeesport	26 = Loyalhanna Health Care Associates	32 = Westmoreland Manor	
19 = DuBois Continuum of Care Community, Inc.	24 = Kane Community Living Centers - Ross Township	27 = Neshaminy Manor Nursing Home		
20 = Elk Haven Nursing Home		28 = Pleasant Ridge Manor Nursing Home		
21 = Gracedale Nursing Home		29 = Pleasant Valley Manor		



LocalGovU Course Spotlight

Computer Security Basics

Technological advances have allowed the world to be more interconnected and for more business to occur online. While beneficial, the increase in online activity has led to an increase in online criminal activity. Daily, hackers and nefarious actors attempt to steal data, gain unauthorized access to systems, and cause damage. This course will equip you with best practices and tools to navigate online safely and securely using modern technology.

CCAP Insurance Programs partners with LocalGovU providing online training and resources to UC Trust, PCoRP, PComp and PIMCC Members. Members can access/attend these courses at **no cost**.

For more information, contact Andrew Smith at asmith@pacounties.org.

[Take Course](#)



An Employer's Guide on What to Do When Work has Slowed Down

What is a Slow Period?

A slow period at work refers to a period of time (regardless of how long) where the tasks, duties and overall workload are noticeably less than usual and impact the entire workplace.

These fluctuations are common in business, whether they're due to anticipated circumstances, such as seasonal changes, or unforeseen influences. Slow periods can occur for various reasons and can negatively impact the work environment if stagnancy sets in.

When it's slow at work, time can feel like it's standing still. Activities have decreased, there aren't nearly enough projects for everyone to stay busy and it can be easy to slip into a sense of unproductiveness, which can further spiral into lazy patterns or behaviors.

As the employer, you have the ability to approach these slow periods strategically and use the additional free time to renew company morale and maintain productivity. With the right approach, these slow periods can actually contribute to a company's overall growth and improvement.

Why Slow Periods Are Not Bad

Of course, it all depends on how management guides employees through these periods which determines the outcome. Even if goals aren't met or you experience a temporary lull, though, this time still isn't a waste if you learn something that helps you, your employees or the company in the future.

While the sudden extra free time can provide a chance for you and your employees to achieve new levels of growth, it can be potentially destructive for individuals who thrive off of structure and a consistent work routine. We're going to share how you can best lead the company through this time to help everyone remain productive and how to benefit from these slow periods.

What to Do When Work is Slow

Slow periods offer the gift of time, and with that time comes an abundance of opportunities on how you can best use that time to benefit your employees, the company and even yourself.

You can foster productivity in yourself and your employees by:

- Catching up on tasks that were put aside
- Practicing time-management and organizational skills with smaller tasks
- Planning for or proactively working on future projects
- Evaluating current systems and processes
- Engaging in career or professional skill development
- Optimizing strategies for upcoming busier periods

In addition to being a great time to harness additional skills and productivity efforts, slow periods also provide an opportunity for you and your employees to refresh and recharge. Many people feel guilty for taking time off work, especially if they're in a fast-paced environment or one in which there's a stigma against resting and putting personal needs above work.

Some of the best ways you can help refresh your employees and the workplace include:

- Encouraging the use of PTO and vacation time
- Performing a "spring cleaning" of one's personal workspace
- Establishing the habit of regularly taking screen breaks
- Seeking honest feedback on how to improve the work environment
- Re-sharing any company-led or -supported mental health services
- Supporting the personalization of one's workspace

Different slow periods will likely demand different focuses and structures, depending on where your team is and what their needs are in that season.

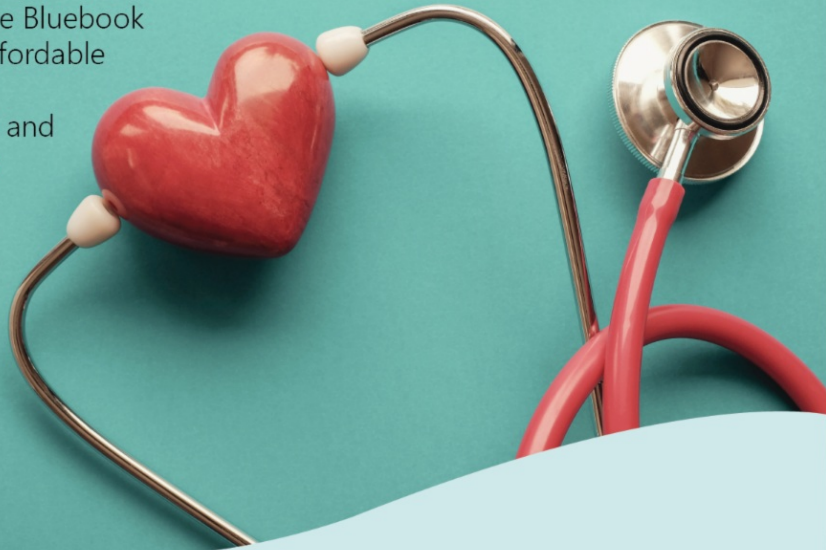
Read more articles like this in [M&S EAP's blog](#)! M&S EAP services are available to UC Trust members at no cost.

CCAP

Health Alliance

Medical, dental, vision and prescription plans, fully customized to meet the needs of each individual county or entity

- Guaranteed rates
- Comprehensive Member Wellness Program
- Online benefit portal for open enrollment and coverage changes
- Nurse Navigator
- Access to Healthcare Bluebook
- Compliance with Affordable Care Act
- Access to FSA, HRA and HSA Administrators
- Preparation of IRS Forms
- COBRA Administration



For more information, contact
Desiree Nguyen at dnguyen@pacounties.org

Insurance Team Member Spotlight Featuring Laura Simon

Risk Control Specialist

I started my career in county government Garden City, Long Island working for the Treasurer. For nine years, I worked as a Librarian Assistant, and I also worked evenings in physical therapy and personal training. After this period, my daughter and I made the move to Pennsylvania, and I purchased my first home - a huge leap of faith in a state where we knew no one! I worked for the Department of Learning in Education and Training for twelve years and took classes in the evening to earn my Bachelor's in Management and Leadership in human resources management. It was around this time that I was looking to make a career change, and CCAP appeared! I am now in my fourth year as a Risk Control Specialist and use the education and real-life training from my



previous careers every day. I love that this position allows me to travel around this beautiful state and engage one-on-one with our membership, who have unique situations requiring creation of specific mitigation strategies. I love having the ability to reach into my background to create solutions and be a resource - it's the best feeling ever! CCAP has become a family to me and I know that I will always find a teammember ready to support me when I need it.

What is your favorite part of working at CCAP?

My favorite part of working at CCAP is the people. They are truly full of heart and always support one another. I also have to mention that the leftover meeting lunches are a huge plus of working in the Harrisburg CCAP office.

What is the most exciting thing you're working on right now?

I am currently working on creating trainings and presentations that are customized to our counties and the specific situations they're facing.

What skill do you think everyone should learn?

Everyone should learn how to think critically – analyzing a situation from all angles outside and apart from the situation itself.

Quote of the Month

“Love yourself enough to live a healthy lifestyle.”

– Jules Robson

Other Training Opportunities

[GLIMPSE Risk Management Trainings](#)

Each workshop season, there are a number of training opportunities designed for and open to Pennsylvania counties, county-related entities (CREs) and PELICAN program members. The Fall Workshop Season is just around the corner!

[LocalGovU](#)

LocalGovU's Online Training Center comes equipped with a library of high-quality risk control courses covering a variety of topics including Risk Management, Safety and Environment, Law Enforcement, Corrections, Human Resources and Management. In partnership with the UC Trust, PComp and PCoRP, this online training is available to members at no cost. If you have questions regarding the trainings, please contact Andrew Smith at asmith@pacounties.org.

[M&S EAP](#)

Take personal assessments, build skills for personal or professional growth, work on your health, and more at M&S's Employee Assistance Program dashboard. In partnership with the UC Trust, M&S EAP services are available to members at no cost.

CCAP INSURANCE PROGRAMS

ASK US FIRST...WE COVER IT ALL!

[Other CCAP Publications](#)

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