



National Association of Hispanic Nurses

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Position Statement on Essential Health Benefits

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Developed by the Policy Committee

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The National Association of Hispanic Nurses (NAHN) represents over 110,000 Hispanic/Latino registered nurses in the United States. Hispanic/Latino nurses play an integral role not only as health providers, but also as navigators and primary advocates for the diverse Hispanic/Latino population in the U.S.

In order to be responsive to Hispanic/Latino healthcare needs, NAHN recommends benefits be designed in ways that recognize and value the heterogeneity of Latino communities, that they be comprehensive, and in line with the collectivist spirit of the family that values individuals as members of an extended family network and community, and that the services and benefits under Essential Health Benefits be affordable to maximize patients' access to care. We recommend that the scope of Essential Health Benefits incorporate the following:

- **Latino Focus: Family Centered Health Services**
 - Recognize that while Hispanics/Latinos share some similarities, Hispanic/Latino subgroups have varying language, health, and service needs
 - Provide health service coverage that will be flexible and comprehensive enough to meet the needs of all individuals and family members residing in the U.S.

- **Linguistic and culturally focused services:**
 - Coverage for clients/consumers, as well as health providers?
 - Provide interpreter services by certified interpreters
 - Resources to be provided at a level that meets diverse client needs (health literacy level) that meets diverse patient needs
 - Coverage of health education, prevention and disease management activities that will teach patients how to lower risks for disease, adhere to medical treatments and better manage their health.
 - Health education and training for health providers to increase cultural competency, culture and language training

- Compensate health providers, ancillary personnel and students that demonstrate cultural and linguistic expertise
 - Utilize Hispanic social media outlets to increase access and delivery of appropriate services; including *telenovelas*, music, food, sporting events that target Latino clients
 - Recruit increased number of Hispanics/Latinos in research, clinical trials
- **Comprehensive Care Package Focus: Wellness, Health Promotion, & Disease Prevention to include Eastern and Traditional Services**
 - Utilize primary, secondary, and tertiary prevention strategies
 - Provide coverage that integrates complementary care; including care by multidisciplinary teams focused on acupuncture, faith-base care, yoga, gym memberships, socialization activities
 - Integrate services at nontraditional service sites; including school based clinics, churches, certain retail outlets in diverse neighborhoods
 - Coverage for smoking cessation, weight reduction, exercise, nutritional counseling, cooking courses for disease management
 - Increase access to care; to include navigator support, transportation, telehealth, internet based modes
 - Provide comprehensive prescription drug benefit to allow for individualized care; geared to client's needs and treatment response
- **Physical and Mental Health Focus: Wellness, Treatment and Management of acute and chronic conditions**
 - System focus; including cardiovascular and diabetes care focus on the total being, incorporating vision, dental, skin, renal, foot care, cardiac, psychiatric, rehabilitation, women and men health focus
 - Provide coverage for specialists; including the ability to prescribe from multiple medications in various therapeutic categories with consideration for individual's race/ethnicity variable responses
 - Provide for consumer choice on medications, rehabilitation, detox programs, and specialty providers; including diagnostic services, genetic and biomarker evaluation
 - Allow coverage for expanded services and hours for 24-hour care to be affordable or free/low-cost by multidisciplinary teams; including physicians, registered nurses, advanced practice nurses, social workers, pharmacists, nutritionists and others
 - Coverage for affordable equipment and miscellaneous supplies to be affordable (with 100% of the cost covered or with nominal co-pays); including blood pressure monitors, pedometers, and others utilized in self care

- **Family and Live Span Focus**
 - Provide coverage that values a life span perspective; including home visits, elder care, end of life, hospice, palliative, and respite care

- **Affordability**
 - Ensure that benefits and services covered under the Essential Health Benefits are affordable with low co-pays in order for patients to have the greatest access to care

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About the National Association of Hispanic Nurses (NAHN)

NAHN is actively involved in issues affecting Hispanic nurses and the health of Hispanic communities on local, state, regional and national levels. The organization is committed to work toward providing equal access to education, professional and economic opportunities for Hispanic nurses and to improving the health and nursing care for Hispanic consumers.