



## CECHCR Health Benefits Training

CECHCR training modules are three hours in length and are offered free of charge. CECHCR leaders develop and field-test the training curriculum, and update it annually based on participant feedback and developments in the field. Training is delivered by volunteer trainers, with each session conducted by a joint trainer team representing both labor and management. At this time CECHCR offers three modules of training:

**Effective Health Benefits Practices for Labor–Management Teams** covers the basics of working effectively as a labor-management committee that deals with health benefits, and getting the highest quality of services from consultants and brokers, including essential elements of model contracts and RFPs.

**Making Informed Choices: Cost and Quality of Health Care** covers discovering the true cost of care for your district, learning how to access local health care provider quality information, getting the data you need from your health plan, and learning what you can do to help make sure you are getting good quality care.

**Managing Health Benefits Costs** gives Health Benefits Committees the context and tools for evaluating strategies to control health care costs, including understanding the business model of insurance and learning how to get the most out of it, as well as information on specific topics, such as CECHCR’s Second Opinion Program, Health Promotion and Wellness and the Affordable Care Act.

**Contact the CECHCR office to schedule a training in your area.**

1337 Howe Avenue, Suite 210, Sacramento, CA 95825

(916) 567-9911 x18

[www.cechcr.org](http://www.cechcr.org)