



January 2020

SMART CHOICE – SMART USE SCHOLARSHIP 2019

Peer-Reviewed Journal Articles

Ketterman, J., Pippidis, M., Braun, B., & Brown, V. (2018). Teaching Consumers to Understand and Estimate Health Care Costs. *The FORUM for Family and Consumer Issues*, Winter 2018, 11(1).
<https://www.theforumjournal.org/2019/09/30/teaching-consumers-to-understand-and-estimate-health-care-costs/>.

Peer-Reviewed Extension Publications

Graves, P., & Nuckols, D., (2019) *Keep Track of Your Important Health Insurance and Health Care Papers FS-1085*. Found at
https://extension.umd.edu/sites/extension.umd.edu/files/_images/uploaded/Keep%20Track%20of%20Your%20Important%20Health%20FS%201085.pdf.

Ketterman, J. & Lurtz, M (2019) *Paying for Healthcare or Daycare? Flexible Spending Accounts Can Help!* FS – 1083. Found at
https://extension.umd.edu/sites/extension.umd.edu/files/_docs/publications/Flexible_Spending_Accounts_Final%20FS-1083.pdf.

Nuckols, D. and Graves, P., (2019) *Medical Credit: Safety Net or Debt Trap?* FS - 1087. Found at
https://extension.umd.edu/sites/extension.umd.edu/files/_images/uploaded/Consumer%20Medical%20Credit-%20FS1087.pdf.

Non-Peer Reviewed and Invited Publications

Sorenson, Carrie. (October, 2019) *Benefits Comparison Guide*. Distributed to University of Maryland Extension, Family and Consumer Sciences faculty.

UME FCS Breathing Room, a Wellness Blog

Ketterman, J. (October, 2019) *Are You Covered? Open Enrollment is Here*. Found at
<https://breathingroom.umd.edu/2019/10/24/are-you-covered-open-enrollment-is-here/>

Ketterman, J. (February, 2019) *Do You Know What Your Health Insurance Covers?* Found at
<https://breathingroom.umd.edu/2019/02/12/do-you-know-what-your-health-insurance-covers/>

Ketterman, J. (September, 2019) *Flexible Spending Accounts – Every Penny Counts*. Found at <https://breathingroom.umd.edu/2019/09/26/flexible-spending-accounts-every-penny-counts/>

Ketterman, J. (July, 2019) *Health Insurance, Are you ready for next year*. Found at <https://breathingroom.umd.edu/2019/07/11/health-insurance-are-you-ready-for-next-year/>

Ketterman, J. (May, 2019) *Suicide Prevention: How To Get or Provide Help*. Found at <https://breathingroom.umd.edu/2019/05/16/suicide-prevention-how-to-get-or-provide-help/>

Nuckols, D. (October, 2019) *Time for a (Health Insurance) Check-Up*. Found at <https://breathingroom.umd.edu/2019/11/07/health-insurance-check-up/>

Curricula/Programs

Ketterman, J., Brown, V., McCoy, L., Braun, B., & Little, L. (2019). Smart Use Smart Actions. Certified Educator Training, Canvas Course.

Nuckols, D. (Under Development) Smart Use Health Insurance™: Disputes. New module concept in development. IRB submitted and approved to conduct exploratory informational interviews with health insurance company representatives, physician billing office representatives, and surveys with consumers.

Pippidis, M., Braun, B., & Ketterman, J. (2019, October-November). *Creating Thriving Family Farms – Managing Risk and Building Resilience*. eXtension Learning Circle 4-webinar series. (Invited).

Pippidis, M., & Ketterman, J. (2019). Health Insurance in Your Senior Years – Medicare and other Health Care Options.

Proposals Submitted

Ketterman, J. & Pippidis, M. (May 2019). Paying for Healthcare or Daycare? FSA, HAS, and HRAs Can Help! AFCPE Annual Symposium 2019, Practitioner Forum.

Nuckols, D, Ketterman, J., Brown, V., Pippidis, M., McCoy, L., Braun, B, & Little, L. (May 2019). Protecting Financial Well-Being: Managing and Resolving Health Insurance Disputes, AFCPE Annual Symposium 2019, Poster Presentation.

Nuckols, D., and McCoy, L., (2019) There can be fun and games: experiential learning and problem solving techniques for youth and adult learners. AAFCS National Conference. Baltimore, MD.

Peer-Reviewed Presentations

Ketterman, J., Hurtado, A., McCoy, T., & Wang, C. (2019). *Exploring Young Professionals' Perspectives on Health Insurance Literacy*. FERMA Virtual Conference.

Ketterman, J., & Pippidis, M. (2019). *Paying for Healthcare or Daycare? FSA, HSA, and HRAs Can*

Help!. AFCPE Annual Symposium, Portland, OR.

Nuckols, D., and McCoy, L., (2019) *There can be fun and games: experiential learning and problem solving techniques for adult learners*. Epsilon Sigma Phi Extension Professionals National Conference. Colorado Springs, CO.

Pippidis, M. & Braun, B. (2019, April). *Linking farm vitality and health: Tools you can use*. National Extension Risk Management Education Conference. Louisville, KY.

Invited Reviewed Presentations

Braun, B. (2019, September). *Farm and Farm Family Risk and Resiliency: Private Problems, Public Issue*. Delaware, OH. (Invited).

Braun, B. (2019, November). *Farms--Managing Risk & Building Resilience* Columbus, OH.

Pippidis, M., Braun, B., (2019). *Linking Farm Vitality and Health - Tools You Can Use*. Extension Risk Management Education National Conference. Louisville, KY

Pippidis, M., & Ketterman, J., (2019). *Understanding and Estimating Health Care Costs For Farm Audiences*. Extension Risk Management Education National Conference. Louisville, KY

Referred Conference Proceedings

Ketterman, J. & Pippidis, M. (2019) *Paying for Healthcare or Daycare? FSA, HSA, and HRAs Can Help!* Proceedings of the Association for Financial Counseling & Planning Education Annual Research & Training Symposium, Portland, OR.

Nuckols, D., Pippidis, M., Brown, V., McCoy, L., Little, L., Braun, B. & Ketterman, J. (2019) *Protecting Financial Well-Being: Managing and Resolving Health Insurance Disputes*. Proceedings of the Association for Financial Counseling & Planning Education Annual Research & Training Symposium, Portland, OR.

Teaching (Certified Educators, Other Educators and Consumers)

The HILI (Health Insurance Literacy Initiative) team led 21 Smart Choice / Smart Use workshops reaching 191 individuals. Workshops were offered in person and online to certify educators, as professional development for partnering organizations, and consumer workshops. Consumer and professional development workshops were offered in Maryland and Delaware. Certified educator training involved 30 participants.

Certified Educators

Ketterman, J., Sorenson, C., Brown, V., & Nuckols, D. (2019). *Smart Use / Smart Actions*. DC Health Benefit Exchange. Washington D.C.

Professional Development of Community Partners

Pippidis, M, Braun, B., & Ketterman, J. (2019). Creating Thriving Family Farms Learning Circle. eXtension

Virginia, B, Sorenson, C. & Ketterman, J. (2019) Smart Choice / Smart Use Professional Development Training. DC Health Benefit Exchange. Washington D.C.

Consumer Workshops

Ketterman, J. (2019, June). Smart Use Essential Health Benefits. Well on the Way (WOW), Allegany College.

Ketterman, J. (2019, May). Smart Use Essential Health Benefits. Work Experience Program, Allegany College.

Ketterman, J. (2019, February). Smart Use Essential Health Benefits. Work Experience Program, Allegany College.

Ketterman, J. (2019, February). Smart Use Understanding and Estimating Health Care Costs. Garret College Continuing Education. Cancelled

McCoy, L. & Ketterman, J. (2019, February). Smart Use Essential Health Benefits. Young Mothers. Cumberland, MD.

Nuckols, D. (2019, May). Resolving Health Insurance Disputes (beta test). Finance 101 series, St. Stephens AME, Howard County

Nuckols, D. (2019, November). Smart Use Actions. Johns Hopkins Center for Leadership Education, Baltimore, MD

Nuckols, D. (2019, October). Smart Choice Basics. Johns Hopkins Center for Leadership Education, Baltimore, MD

Nuckols, D. (2019, December). Smart Use Essential Health Benefits. East Columbia Library, Howard County, MD

Nuckols, D. (2019, October). Smart Use Essential Health Benefits. Johns Hopkins Center for Leadership Education, Baltimore, MD

Nuckols, D. (2019, July). Smart Use Essential Health Benefits. Finance 101 series, St. Stephens AME, Howard County

Nuckols, D. (2019, December). Smart Use Understanding and Estimating Health Care Costs. East Columbia Library, Howard County, MD

Nuckols, D. (2019, July). Smart Use Understanding and Estimating Health Care Costs. Finance 101 series, St. Stephens AME, Howard County

Pippidis, M. (2019, January), Linking Farm Vitality and Health. Delaware Ag Week, Harrington, DE

Pippidis, M. (2019, February). Smart Use Understanding and Estimating Health Care Costs. Bear Library, Bear DE.

Pippidis, M. (2019, February). Smart Use Understanding and Estimating Health Care Costs. New Castle Library, DE.

Pippidis, M. (2019, April). Smart Use Understanding and Estimating Health Care Costs. Calvert Grange, Rising Sun, MD.

Pippidis, M. (2019, April). Smart Use Understanding and Estimating Health Care Costs. Delaware City Library, DE.

Pippidis, M. (2019, October). Smart Choice Basics. Bear Library, Bear, DE

Pippidis, M. (2019, October). Health Insurance in Your Senior Years. Bear Library, Bear, DE

Pippidis, M. (2019, November). Health Insurance in Your Senior Years. Hockessin Library, Hockessin, DE

Pippidis, M. (2019, November). Health Insurance in Your Senior Years. Delaware City Library, Delaware City, DE

Sorenson, C. (2019, October). Smart Choice Basics. Seton Center, Emmitsburg, MD

Webinar Programs

Ketterman, J. & Sorenson, C. (2019, April). Smart Choice Basics.

Awards

Bonnie B. (2018) – Health Insurance and National Farm Policy – Honorable Mention Outstanding Choices Article, Northeast Regional Center for Rural Development

Nuckols, D., Braun, B., Brown, V., Ketterman, J., Little, L., McCoy, L., Pippidis, M. (2019) AFCPE Outstanding Symposium Poster Award, Association for Financial Counseling & Planning Education.

Pippidis, M., Ketterman, J., McCoy, L., Brown, V., & Little, L. (2019) Communications Television or Video Award, 2nd Place, NEAFCS Eastern Region

McCoy, L., Braun, B., Brown, V., Graves, P., Hurtado, A., Ketterman, J., Little, L., McCoy, T., Nuckols, D., Pippidis, M., Russell, M., Sorenson, C., & Wang, C. (2019) – Family Health & Wellness Award, 1st Place, NEAFCS Eastern Region

Poster Presentations

Nuckols, D., Pippidis, M., Brown, V., McCoy, L., Little, L., Braun, B. & Ketterman, J. (2019) *Protecting Financial Well-Being: Managing and Resolving Health Insurance Disputes*. Association for Financial Counseling & Planning Education Annual Research & Training Symposium, Portland, OR.

Sorenson, C. & McCoy, L. (2019, April). Understanding and Estimating Costs. University of Maryland Public Health Research Day. College Park, MD.