

Coastal News

COASTAL ASSOCIATION OF HEALTH UNDERWRITERS

April 2008

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President's Message *Connette Bradley*



Symposium was fabulous and bursting with information, laughter, and comradry, and grandly opened with the singing of our National Anthem by Mark Waugh! Attendees were given an overview of NC Health Insurance Risk Pool available 01-01-09, insights into SHIP and Medicare issues, as well as medical costs trends in NC. Wellness initiatives and consumer driven health care were also discussed as we learned that the number one driver of health status is behavior.

Our upcoming meeting will give you important tips on managing stress, which is a health risk factor. Please join us April 24th!

Programs - Wilson's - 11:45 am *Barbara Flemming*

April 24, 2008 - "Stress Management - The Art of Saying 'No'" - Kimberly Martin, RHU, CPHC (Ebenconcepts)

Are you over-involved as a volunteer? Is it hard for you to say "no" to things when asked? Do you want to do it all? Do you not have enough time to do the things "you" want to do because you're too involved? Guess what this is doing to your overall health? Come hear it from the expert on how to take better control of your life and stress.



May 22, 2008 - Program presented by the Happiness Institute & Annual Awards Presentations

Our last meeting before the summer break! Don't miss this one!

Program details to follow. Watch your E-mails.



Public Service *Evan Sherbine*

The **11th Annual CAHU Charity Golf Tournament** scheduled for Thursday, **May 29th**, Castle Bay Golf Club - Hampstead, NC 12:00 Shotgun Start, seems to be getting some traction. You don't have to be good to play, but must be willing to have fun! We have over 20 prizes for the award winners and nearly 25 foursomes signed up! Hole Sponsors are coming along as well. Trish and Jan with Tileston Health Clinic have been a great help!



2007/08 CAHU Board:

- Connette Bradley - President
- Mark Waugh - President-Elect/ Legislation
- Nick Ogden - Past President
- Nick Ogden - Sec/Treasurer
- Dennis Stokley - Webmaster/ Awards
- Robert McIver - Newsletter/ Communications
- Barbara Flemming - Education
- Amanda Boelte - UFC/Awards Co-Chair
- Evan Sherbine - Public Service
- Sam Carr - HUPAC/NCPAC
- Mike Smith - Retention
- Joyce Britt - Membership
- Sherri Miller - Media Relations

Legislation*Mark Waugh*

Robert Paschal spoke at Symposium about the various legislators and their committees and who can get things done. We also met Michael Keough, Executive Director of the NC Health Insurance Risk Pool who expects .103% of North Carolinians to participate in the pool. A high risk pool is organizationally an insurance company, with daily operations outsourced to a TPA. The risk pool will place a heavy emphasis on disease management.

State Day on the Hill this year is **May 20-21**. Registration is required and your voice in Raleigh is important!

Sign-up deadline is Monday, April 28th! (Registration Form Attached)

Awards*Dennis Stokley*

Our Pacesetter Award Book was sent to national headquarters for hopefully another award. We'll find out in San Diego if all the hours and hours that went into the project earned us our prize!

Education*Barbara Flemming*

My attendance at the NCAHU Symposium was a great way to network, gather new ideas from the vendors and learn from the masters. All of us who attended had a rewarding and valuable experience. In addition, we earned 13 CE insurance credits. Twelve credits were for the symposium education sessions, and one hour for being a member of NCAHU. Why not plan on joining us next year in Winston-Salem April 20-22, 2009!

Please continue to let me know what education topics you wish us to present locally by e-mailing me at bfpres@ec.rr.com.

Membership*Joyce Britt*

We currently have 98 members. Floyd Gainous, Michael Smith and Cynthia Cox are our newest members. We are available after each meeting for New Member Orientation.

Special Note from Hughes Waren, Jr, RHU—NCAHU Membership Chair dated April 21, 2008

Dear NCAHU Membership Team:

Our membership year ends on April 30th. We are second in the country for largest membership gain. One final push to capture the title!

Please review the attached list of the **84 non-member symposium attendees**. The list is sorted by Company.

Find the folks you know personally on this list and call them. Enroll them online so it will count this membership year. We have extended the sympo \$100 surcharge refund till April 30th. If the non-member paid the \$100 surcharge to attend sympo, we will refund this if they join.

I have more PRIZE money to give away!!! The member who recruits the most new members off this list prior to April 30th will win \$50 (you must recruit at least 2).

*M. Hughes Waren, Jr., RHU
NCAHU Membership Chair
(910) 763-8050
FAX (910) 763-6969*

CAHU.INFO

Coastal Association of Health Underwriters



11th Annual Coastal Association of Health Underwriters



Charity Golf Tournament

Thursday, May 29, 2008

12:00 Shotgun Start - Awards Dinner will follow the tournament
Castle Bay Golf Club - Hampstead, NC

Sponsor Registration Form

(Please Print Clearly)

Sponsorship Level (See Below) _____

Name of Company _____

Telephone _____ Billing Address _____

City _____ State _____, Zip _____

Players Names - Captains Choice Format

A _____ C _____

B _____ D _____

Sponsorship Levels

(Fee must be received by **May 12, 2008**)

_____ **Eagle Sponsor - \$450**

Includes: Golf fees & awards dinner admission for 4 players, sponsorship of one hole, name printed in program

_____ **Birdie Sponsor - \$350**

Includes: Golf Fees & awards dinner admission for 4 players, name printed in program

_____ **Beverage Cart Sponsor - \$250**

Designated two people to drive the beverage carts. Includes awards dinner admission for 2 and named printed in program.

_____ **Par Sponsor - \$65**

Includes: Golf fees & awards dinner admission for 1 player, name printed in program.

_____ **Hole Sponsor - \$100**

Mail Form with check payable to: Coastal Association of Health Underwriters

PO box 4654

Wilmington, NC 28406

Any Questions, Please call Evan Sherbine at 910-395-3003

Proceeds to benefit **The Tileston Health Clinic, Inc.**

**NORTH CAROLINA ASSOCIATION OF INSURANCE AND FINANCIAL ADVISORS
NORTH CAROLINA ASSOCIATION OF HEALTH UNDERWRITERS
INDEPENDENT INSURANCE AGENTS OF NORTH CAROLINA**

STATE DAY ON THE HILL

**May 20 & 21, 2008
HOLIDAY INN BROWNSTONE HOTEL ~ RALEIGH**

REGISTRATION

_____ **YES**, I will attend and understand it to essential to be present by **1:00 pm** on Tuesday for registration. **(PLEASE, NO EXCEPTIONS)**

NCAHU will provide a double occupancy room. Please indicate below if you want a smoking or non-smoking room. *Note:* Transportation cost will be at the delegates expense.

_____ Smoking _____ Non-Smoking

If you prefer, you may reserve a private room at a cost of **\$50.00**.

Circle one: King or Double/Double

Circle one: Smoking or Non-Smoking

Attach check to registration and payable to **NCAHU**

_____ **YES** I plan to attend but **DO NOT NEED A ROOM**

Name: _____ Designations: _____

Address: _____

City, State, Zip: _____

Telephone#: _____ Fax #: _____ Chapter: _____

Email: _____

REGISTRATION DEADLINE: **April 28, 2008 - (NO EXCEPTIONS)**

Please **E-mail** to Carol Matznick at carol4ncahu@aol.com or **FAX** to: (336) 605-9103 or
Mail to: NCAHU PO Box 38905 Greensboro, NC 27438