



## About CECHCR Health Benefits Training

### What is CECHCR Training?

CECHCR's mission is to help California school and community college districts improve the quality and reduce the cost of their health care. CECHCR Health Benefits Training is designed to help districts and unions work effectively together to become wiser purchasers and users of health benefits.

The training curriculum is divided into three 3-hour modules:

Effective Health Benefits Practices for Labor-Management Teams

Making Informed Choices: Cost & Quality of Health Care

Managing Health Benefits Costs

Our curriculum is updated regularly so as to keep the information we deliver both current and relevant. The modules you select for your group will depend on your current needs and prior knowledge. See our website to learn more about each module.

### Who can attend?

CECHCR provides health benefits training for labor-management teams only. Outside consultants, brokers or plan administrators that you may be working with in your district are therefore **not** eligible to participate. All members of your health benefits committee, your bargaining teams and district and union leadership (including board members) are welcome to attend. Within these parameters you may invite as many participants as the room will accommodate!

### How is CECHCR Training delivered?

The training is delivered free of charge for groups of two or more districts, (CECHCR will train a single district for a fee).

The training is held at a site convenient to your team (usually a district or union meeting room) and is presented using PowerPoint presentations and other training materials. Each module is 3 hours in length. You may choose 1 module for a half-day training, 2 modules for a one-day training, or all 3 training modules over a two-day period.

The training is delivered by a volunteer team of trainers representing both labor and management. Our trainers have experience in the trenches of public education and are passionate about helping others improve their health benefits effort.