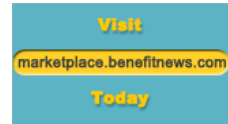


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Raw Bar: Cool health care consumption tools

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It's nice to see companies like [change:healthcare](#) make good on the long-promised better health care consumerism tools that were supposed to accompany the dramatic shift to individual health care responsibility brought about by the creation of health savings accounts and other CDH-products and services.

The company has come up with a [consumerism index](#), which allows workers to see how their individual health care choices rank compared to their co-workers and other peers.

Paying \$100 for that office visit? Now you'll know when someone just down the hall paid half as much and didn't have to drive as far.

Better consumer intel isn't just good for the individual worker either. Company founder Christopher Parks says thousands can be saved once workers know the prescription can be had for half the price just around the corner from where they normally get it. [Listen in and find out what Parks is talking about.](#)

Here's what else is fresh this week on [EBA's Raw Bar](#)...



[The EBA Raw Bar with Christopher Parks of change:healthcare](#)

Good tools and data have long been promised to America's new breed of health care consumer. Parks is making good on that promise with his health care consumerism index. Listen in as he talks about how it works and how simple consumption changes can save companies thousands of dollars.



[The EBA Raw Bar with Pierce Noble of Mercer](#)

The ERISA Advisory Council recently met and some of the members teased apart phased retirement. Hear what Noble thinks needs to be done to make it easier for baby boomers to work a little and play a little as the concept of retirement continues to evolve and shift.



[The EBA Raw Bar with Chris Fey of US Preventive Medicine](#)

Health care costs a lot and is going to continue to cost a lot. The challenge may be less about cutting costs and more about making sure the money is spent wisely. That's something Fey says his company is dedicated to helping employees and employers do -- spend their health care dollars more efficiently and effectively.



[The EBA Raw Bar with David Anderson of StayWell Health Management](#)

Listen in as Anderson explains why much of what it takes to become a health care [HERO](#) is well within the reach of many employers. The question is do they want to extend themselves and take action to improve worker health and business performance by making both core business objectives. Make sure to check out [Anderson's slides](#), which we reference in the podcast. They're great for getting the conversation started about what it takes to change employee health patterns. [Questions? Comments, Send them to EBA HQ.](#)

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