

Know the basics. Understand your costs.

Your health insurance costs are made up of:



Premium

The amount you pay each month for your health insurance coverage.



Out-of-pocket costs

May include:

Copay: A flat fee you pay for a covered service, such as \$25 for a doctor visit.

Coinsurance: Certain costs that are split between you and the insurance company – for example, a hospital stay might be 80% covered by the insurer and 20% paid by you.

Deductible: The amount you're responsible for paying before your insurance plan starts paying for certain services.

Know the Ground Rules



Stay “in network” when you can. Doctors and hospitals that participate in your health plan generally cost you less.

Network – the list of doctors and hospitals that participate in your health plan.



Some care needs approval ahead of time. Check before you receive care.

Prior Authorization – Pre-approval from your health plan for certain services. The request is usually handled by your doctor.

Referral – Approval from your primary care provider to see a specialist.

Check your insurance card. It has info on:

- Your health plan name and type of plan or network
- Your member or group ID numbers
- Co-pay amounts, if they apply
- A customer service number to call with questions.

REMEMBER: The true cost of health insurance is more than your monthly premium. Understanding all the costs helps make sure your coverage fits both your health needs and your budget.

