

How to pick a plan

Useful tips for those who need help

Insurance Definitions

Plan: The health insurance coverage you buy, often referred to as a policy or product

Premium: Monthly payment for your insurance

Co-pay and Co-insurance: Your share of \$ and/or % for covered healthcare services

Deductible: How much you owe for healthcare services before your plan starts to pay

Maximum out-of-pocket: The most \$ in the form of deductibles, co-pays and coinsurance you could pay each year (excluding your monthly premium) regardless of how much medical care you use

Network: The healthcare providers and facilities (hospitals, urgent care centers, labs, etc.) your health insurer has contracted with to provide healthcare services



Preventative services are covered at 100%

These include:

 Annual Physical with your Primary Care Physician (PCP)

 Some lab tests

 Immunizations

 Age/gender appropriate medical testing, ex: colonoscopy, mammogram, etc.

 And more...

Financial Help

Based on your age and income, there may be financial help available to lower the cost of your monthly premium and the price of your medical care

Things to think about when selecting a plan:

Do you want to keep a specific doctor?

Use our provider directories to see if your physicians are included in the plan

Do you take a lot of medications?

Check the plans you are considering to see how much your prescriptions will cost

Do you see the doctor frequently, have a chronic condition, or have a planned surgery coming up?

- Check to see if you have a co-pay or need to meet your deductible first
- Check the amount of co-insurance you need to pay

Do you need to see a specialist?

- Check each plan to see if you need a referral from your PCP to see another doctor
- See if the plan will pay for specialists that are "out-of-network," or in another state

What's the real cost of your health insurance?

When you're picking a health insurance plan, your monthly premium is only one thing to consider. Be sure to look at the cost of actually getting medical care. Check out these examples:

PLAN A

Has a lower monthly bill, but you have to pay for the cost of most your health services (doctor visits, mental healthcare etc.) until you've reached the deductible

Monthly/Annual Premium: \$200/ \$2,400*
Annual Deductible: \$6,500

PLAN B

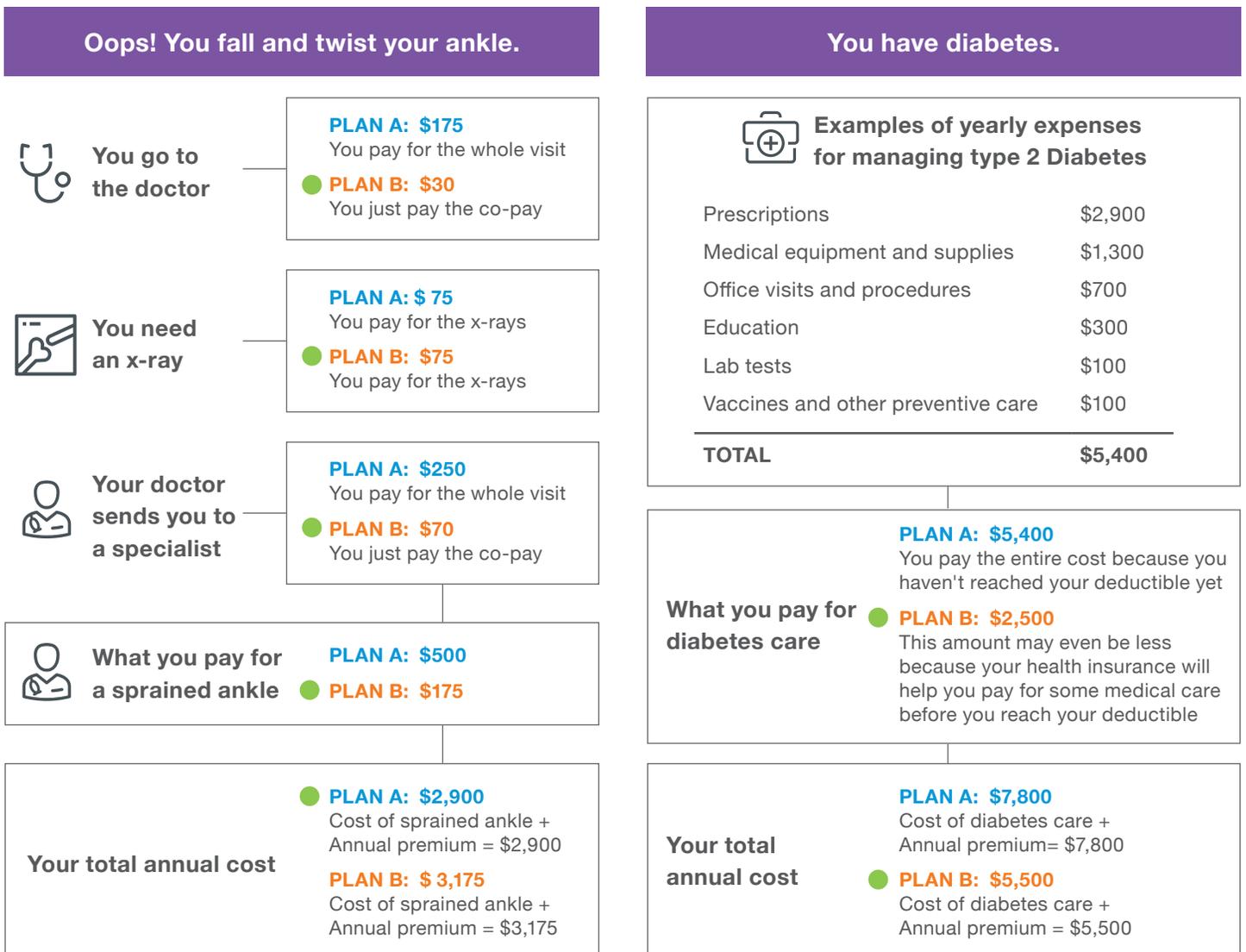
Has a higher monthly bill but pays for the cost of most of your health services (doctor visits, mental healthcare etc.) even before you've reached your deductible

Monthly/Annual Premium: \$250/ \$3,000
Annual Deductible: \$2,500

*Plan A is \$600/yr less than Plan B

So, what happens if you need medical care?

Here are two examples:



● — Best Value

As you can see, if you have no medical costs or only minor expenses, a plan with lower premiums like Plan A may be right for you. But, if something more serious goes wrong, or you have a chronic condition, a plan with lower out-of-pocket costs like Plan B will save you more \$\$\$ in the end. These are all things to consider when you pick your plan.