Choosing the right plan for you and your family

When choosing a health plan, it is important to consider all factors related to seeking medical care, not just your monthly premium. This can include your out-of-pocket costs, whether your preferred doctor(s) is in-network, how much your prescription(s) costs and more.

Common health coverage terms

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

Deductible: The amount you pay for covered healthcare services before your plan starts to pay

Maximum out-of-pocket: The limit on the amount of money you have to pay for covered medical services (including deductibles, co-pays and co-insurance)

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

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

Premium: Your monthly payment for your plan

Preventative services are 100% covered

Preventative services include:

- Annual physical with your Primary Care Physician (PCP)

- Some lab tests

- Immunizations

- Certain medical testing, ex: colonoscopy, mammogram, etc.

- And more…

What to consider when picking a plan

Do you have a preferred doctor?
Check out our provider directories to see if your doctor(s) are included in your plan's network.

Do you have a chronic condition, or have a surgery planned?
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 regularly take medications?
Check the plans you are considering to see how much your prescriptions will cost.

Do you need to see a specialist?
Check each plan to see if you need a referral to see another doctor. See if the plan will pay for specialists that are "out-of-network" or in another state.

Visit **HealthSourceRI.com/Calculator** to compare plans and get a quick quote.

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Review the two plan scenarios below

See why it's important to consider more than just the monthly premium when choosing a plan.

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

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

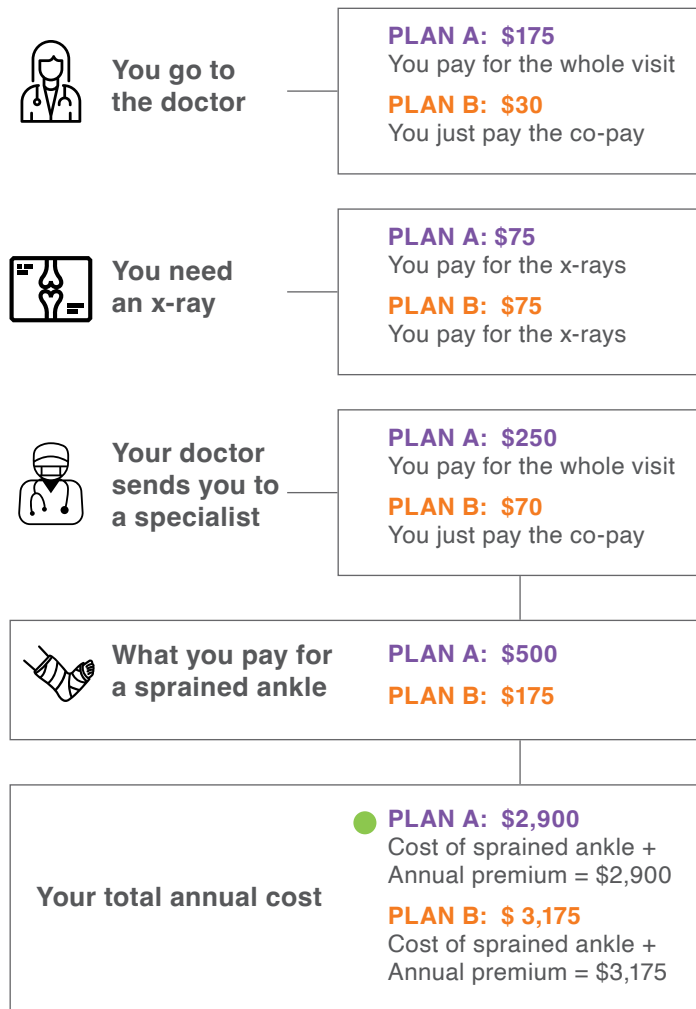*__Plan A is $600/yr less than Plan B__

PLAN B
Has a higher monthly bill, but pays for most of your health services (doctor visits, mental healthcare etc.) even before you've reached your deductible.
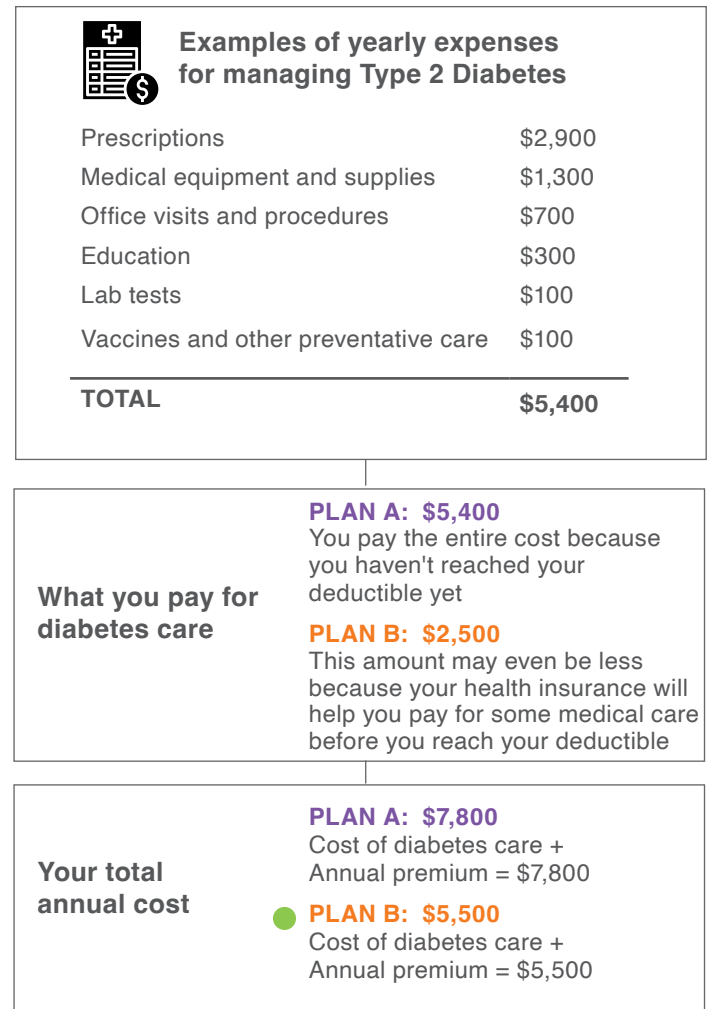
Monthly/Annual Premium: $250/ $3,000
Annual Deductible: $2,500

You fall and twist your ankle

You go to the doctor

PLAN A: $175
You pay for the whole visit
PLAN B: $30
You just pay the co-pay

You need an x-ray

PLAN A: $75
You pay for the x-rays
PLAN B: $75
You pay for the x-rays

Your doctor sends you to a specialist

PLAN A: $250
You pay for the whole visit
PLAN B: $70
You just pay the co-pay

What you pay for a sprained ankle

PLAN A: $500
PLAN B: $175

Your total annual cost

● **PLAN A: $2,900**
Cost of sprained ankle +
Annual premium = $2,900
PLAN B: $ 3,175
Cost of sprained ankle +
Annual premium = $3,175

You have diabetes

Examples of yearly expenses for managing Type 2 Diabetes

Prescriptions	$2,900
Medical equipment and supplies	$1,300
Office visits and procedures	$700
Education	$300
Lab tests	$100
Vaccines and other preventative care	$100
TOTAL	**$5,400**

What you pay for diabetes care

PLAN A: $5,400
You pay the entire cost because you haven't reached your deductible yet
PLAN B: $2,500
This amount may even be less because your health insurance will help you pay for some medical care before you reach your deductible

Your total annual cost

PLAN A: $7,800
Cost of diabetes care +
Annual premium = $7,800
● **PLAN B: $5,500**
Cost of diabetes care +
Annual premium = $5,500

● — Best Value

You can see from the two scenarios above that 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 happens or you have a chronic condition, a plan with lower out-of-pocket costs like Plan B will save you more money in the end. These are all things to consider when choosing a health plan for you and your family.

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Learn more at HealthSourceRI.com/OE