



BE YOUR OWN ADVOCATE: UNDERSTANDING YOUR HEALTH INSURANCE

TERMS TO KNOW

Co-insurance/Co-pay - The amount you need to pay that insurance will not pay. It could be a percentage or a set amount.

Deductible - The amount of money needed to pay before your insurance pays for healthcare. Usually there are in-network and out of network amounts.

Estimation of Benefits (EOB) - A statement of what your insurance was billed & what your insurance paid. It is not a bill.

Health Savings Account (HSA) - A bank account separate from checking/savings. Employers & you can contribute to this account before taxes to use this money for medical expenses.

Out-of-Pocket Maximum - A limit on the amount of money you have to pay for covered health care services in a plan year. If you meet that limit, your health plan will pay 100% of all covered health care costs for the rest of the plan year. Usually there are in-network and out of network amounts.

ASK THE QUESTIONS

Call Your Insurance or Ask HR

- Do you have a deductible? Y N
 - In- Network? _____
 - Out of Network? _____
 - Labs and imaging? _____
 - Max out of Pocket ? _____
- Co-insurance or copays? _____

Always ask for a reference number:

Ask about your doctors

- Are they in network?
- Any limitations for treatment?
- Do you need a referral?
- Diagnosis restrictions for any specific treatments?

Wellness Visits are covered 100%!

Every year you are entitled to a wellness exam, wellness blood tests and a well woman exam 100% covered by your insurance. (Wellness visits are NOT new patient visits. There are limits on what is considered wellness blood work.)

My insurance is: _____

The renewal date is: _____

Check out your insurance's portal for more information.