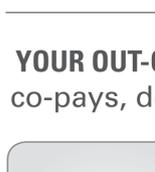


Choosing the Best Health Insurance Plan

It can be hard to choose a health insurance plan. There are **TWO MAIN PLAN TYPES TO CHOOSE FROM** with various coverage levels. A good starting point is to understand the differences between these two types of plans: a co-pay plan and a high deductible health plan.

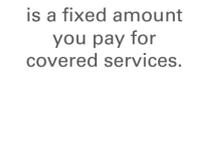


Key Terms:



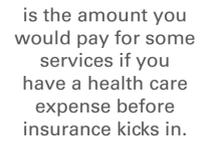
YOUR PREMIUM is a set amount you pay each month for your health insurance coverage.

YOUR OUT-OF-POCKET COSTS would include your co-pays, deductible and coinsurance amounts.



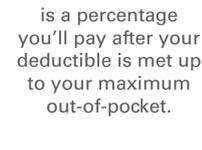
CO-PAY

is a fixed amount you pay for covered services.



DEDUCTIBLE

is the amount you would pay for some services if you have a health care expense before insurance kicks in.

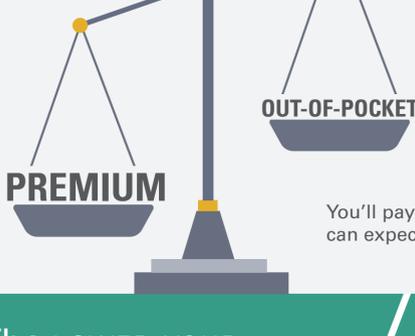


COINSURANCE

is a percentage you'll pay after your deductible is met up to your maximum out-of-pocket.

1 co-pay plan

This plan uses fixed co-pays for medical services such as clinic and urgent care visits, deductibles and coinsurance for services such as surgery and hospitalizations. These payment amounts vary based on the plan type. For example:



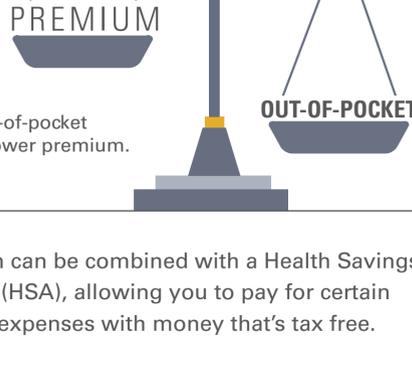
You'll pay a higher premium, but you can expect lower out-of-pocket costs.

The **LOWER YOUR PREMIUM**, the **HIGHER your out-of-pocket costs** could be for health care services.

The **HIGHER your premium**, the **LOWER YOUR OUT-OF-POCKET costs** could be for health care services.

2 high deductible health plan

This plan requires you to pay the full cost of health services and prescription drugs, except for covered preventive services, until the deductible/out-of-pocket maximum is met. Once the deductible/out-of-pocket maximum is met, all eligible health care expenses are covered by the health plan.



You can expect higher out-of-pocket costs, but you will pay a lower premium.



This plan can be combined with a Health Savings Account (HSA), allowing you to pay for certain medical expenses with money that's tax free.

How do you choose the best health insurance plan for you and your family?

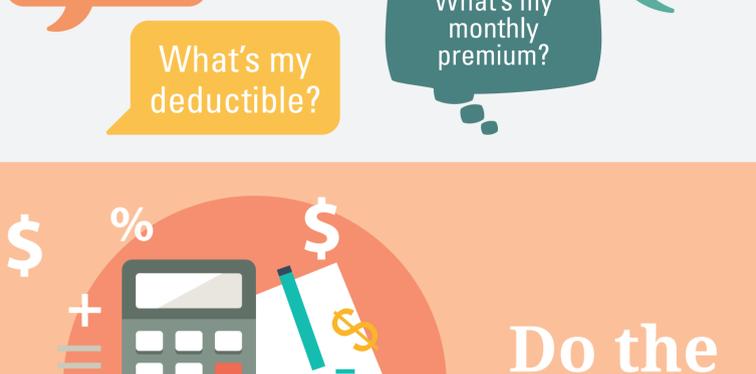
Consider a **LOWER DEDUCTIBLE, higher premium co-pay plan** if:

- You know you will have significant health care expenses, including prescription drugs
- You want the peace of mind that you will have less out-of-pocket expenses for services received

Consider a **HIGH DEDUCTIBLE health plan** if:

- You're generally healthy and you don't expect to have significant health care expenses
- You have funds you can set aside in an HSA
- You want to pay a lower monthly premium but could pay the deductible/out-of-pocket maximum if needed

Ask these questions:



Do the MATH:

Figure your annual premium costs

- Monthly premium amount X 12

Estimate your possible out-of-pocket costs

if you would need clinic visits, hospital care or prescription drugs during the year

- Co-pay amount
- Annual deductible
- Coinsurance expense up to your out-of-pocket maximum
- Prescription fills

Annual Premium + Estimated out-of-pocket costs

= Anticipated total cost

Remember, certain things are covered at 100 percent – no matter what type of health plan you have:

- Annual wellness visit
- Preventive screenings recommended for your age and gender (such as mammography, Pap tests, colon screening)
- Immunizations

Your health insurance plan may also offer *value-added services* that save you money in the long-run:



Questions?

Contact an agent or visit AveraHealthPlans.com if you have questions about what type of plan to choose.