

6 TIPS

to make the Most of your High Deductible Healthcare (HDHP) Plan

1 Take advantage of your free preventative care and screenings.

Your high deductible healthcare plan covers an annual screening for preventive services, including immunization shots and screenings, at no cost to you. These services are free only when delivered by a doctor or provider in your plan's network.

2 Open and Fund an HSA

With qualifying high-deductible plans, you are able to open a health savings account (HSA) where you can deposit pretax earnings to spend on health care. An HSA has three tax advantages to help you save money:

- contributions are pretax.
- the interest earned is tax-free.
- withdrawals are tax free if used for qualified medical expenses.

3 Shop for medications

Until you meet the deductible on your HDHP, you will pay the cost of the medication, so it's important to shop for the best price.

- Ask your doctor if generic medications are available for your prescriptions.
- Compare prices at pharmacies online such as Costco.com, SamsClub.com, or Walmart.com

4 Compare prices for providers and services

Prices to see a specialist, for a service such as an MRI, or for a medical procedure can vary greatly for the same service. While cost shouldn't be the sole basis for selecting a health care provider, it should be part of your process. You can use the online cost comparison tool on your carrier website to search for a provider or facility in your network.

5 Stay in network

Even though you're paying out-of-pocket, you'll pay the lower in-network rate if you stick with the health providers in your insurance plan's network. Locate a provider on your healthcare provider's website, and verify when scheduling your appointment that the provider is still in network.

6 Choose the right place for care

Understanding when to visit your primary care physician (PCP), urgent care or emergency room is important to make sure you get the right care when you need it; however, going to the appropriate place for care can help you make the most of your plan. Start with your PCP for most concerns, and use urgent care when your PCP is not available and the condition is not life threatening. For urgent medical concerns that are life threatening, know where your closest ER is so that you can keep you and your family safe.

