


# HEALTH INSURANCE 101

An overview of the terms you will see while shopping

|                          |   |  |   |
|--------------------------|---|--|---|
| <b>Premium</b>           |  | <b>Description</b><br>The monthly cost of the plan   | <b>Example</b><br>\$200 a month   |
| <b>Deductible</b>        |   | For things without a copay you have to pay this amount first before insurance pays           | If your plan has a \$1,000 deductible, you'll pay the first \$1,000 each year                     |
| <b>Copay</b>             |   | A fixed amount for care  | \$25 for a doctor visit   |
| <b>Coinsurance</b>       |   | The percentage you pay after the deductible until you reach the Max-Out-Of-Pocket            | If your bill after your deductible is \$100 and coinsurance is 20%, you pay \$20                  |
| <b>Max Out-Of-Pocket</b> |   | The most you'll pay in one year. After you reach this amount, insurance pays everything else | If the Max Out-Of-Pocket is \$8,000 and you get a bill for \$1M, you pay \$8,000 and nothing more |

## OTHER PLAN FEATURES

### NO COST PREVENTATIVE CARE

Things like annual physicals, annual OBGYN visits, screening tests and immunizations are covered at no cost to you.

### FORMULARY

A list of prescription drugs your health plan covers and their cost to you.



### HDHP

A High Deductible Health Plan offers lower premiums but has a higher deductible. They are a great way to save money if you're relatively healthy and protect yourself from serious injuries and illnesses.

### HSA

A Health Savings Account is a bank account that allows users to pay medical bills tax-free. HSAs only with HDHPs.

## PROVIDER NETWORK

Most Insurance plans have a specific group of doctors within their Provider Network. There are four major types. Understanding the network type and confirming your doctor is "in network" are important for helping you pick a plan.

## TYPES OF NETWORKS

Primary Care Physician (PCP) required

Referral required to see a specialist

"In-network" benefits

Non-Emergency "Out-Of-Network" Benefits

Emergency Coverage

**PPO**  
Preferred Provider Organization



**EPO**  
Exclusive Provider Organization



**POS**  
Point-of-Service



**HMO**  
Health Maintenance Organization

