

Now's the Time to Figure Out Your Health Insurance

Health insurance is just one of those things. You'd rather not deal with it. But knowing how to make the most of your health coverage and save where you can is important. Plus, the sooner you take a look at it, the better positioned you'll be to take advantage of the benefits when you need them. If you don't, imagine the stress of ignoring it, then being forced to figure it out if you get really sick or have a health emergency.

But don't worry. We're here to help. Start here to learn how insurance works, then read on to find out how health savings accounts can help you manage your health care costs.

1 How much will I pay just to be covered?

Look at the plan's premium – this is how much you'll pay each month, no matter if you go to the doctor or not.

2 How much will I pay when I get care?

It depends on both your plan and what you're doing at the doctor's office. With some plans, you won't pay at the visit but will get a bill later. You'll be responsible for paying up to a certain amount first (this is the deductible), and after that, your insurance company pays typically a large percentage. This will be broken down on your bill. Other plans might have co-pays. A co-pay is a set amount you pay at the doctor's office for most visits.

3 How will having health insurance help me access lower health care costs?

Insurance plans typically negotiate with health care providers to get lower rates for medical services. If you choose these preferred providers, you can obtain services from them for a lower cost than you would pay on your own.

4 What else can I do to manage my costs?

You can contribute dollars to a special type of savings account for health care and use these funds to cover out-of-pocket costs. Depending on your situation, one of these might be right for you: a health savings account (HSA), a health reimbursement account (HRA), or a flexible spending account (FSA). Check out the next page for more information about each one.

5 Worst-case scenario, how much of my own money will I have to pay?

Check what the plan says the out-of-pocket maximum is. That's the most you'd have to pay in a year. If your employer contributes dollars to your HSA or HRA, however, those funds can apply toward your out-of-pocket maximum.



SOME GOOD NEWS

There are a number of preventive services most health plans cover at no cost, such as:

- Annual wellness checkups
- Birth control counseling and services
- Depression screening
- Some immunizations
- Sexually transmitted infection (STI) screening
- Alcohol and drug misuse counseling

There's more – here's the full list of what's covered:

<https://www.healthcare.gov/coverage/preventive-care-benefits/>

Want to video chat with a doctor – without leaving your couch? Get advice and diagnoses on over 300 ailments.

<https://www.doctorondemand.com/>

How to pay for medical expenses

Depending on the kind of plan you have, you may be able to open or access an account to pay for medical costs. Think of it as a way to get ahead of your expenses.

Types of health spending accounts that may be an option for you:

HSA

Health savings account

You put money in and keep it for life. You can also save money because you are contributing before income taxes are taken out – in other words, less of your income gets taxed.

FSA

Flexible spending account

You decide how much money to put in each year and can use that full planned amount at any time. Depending on your employer, you may or may not be able to carry money over to the next plan year.

HRA

Health reimbursement account

Your employer sets aside money you can use on health expenses. You might have to cover a certain amount in medical costs before you can tap into this money. Depending on your employer, you may or may not have a rollover.

With HSAs, you (or your parent) deposit money into your account.¹ Those funds are “pretax,” which means they aren’t taxed. That saves you money. When medical costs pop up, the money can be used to pay for things like:

- Asthma treatment
- Chiropractic visits
- Contact lenses and eyeglasses
- Medical, dental, and vision co-pays
- Counseling
- Flu shots
- Oral surgery (like getting your wisdom teeth out)
- Over-the-counter drugstore products like pain relievers and cold/flu medicine
- Prescription drugs



Can't get enough?

Learn more about saving and spending your health care dollars on **hellofurther.com**.

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https://learn.hellofurther.com/Individuals/Spending_Your_Account/Eligible_Expenses

1. Parents can contribute to a child's HSA even if the child is not on their health plan. However, the child will get the tax benefit, not the parent.