



Navigating Through the Healthcare System

We all know that navigating through the health insurance system can be tricky and confusing. There are a lot of terms that can be confusing. Below I listed a couple of key terms that are associated with different insurance costs.

COPAY

Your copay is a fixed amount of what you pay directly out-of-pocket for a covered health care service, which you pay after your deductible. It is the flat rate that you pay on the spot each doctor's visit. Not everyone necessarily has a copay. Depending on the plan you select will determine how much your copay will be. For example if you want a lower copay then you would pay a higher monthly premium.

DEDUCTIBLE

Deductible is the amount you pay out-of-pocket before the insurance company pays for any expenses. For example, if you get into a car accident and your deductible is \$3,000, then you pay the first \$3,000 than insurance will pay the rest. Just like copay the higher you pay in premiums the lower your deductible is and vice versa.

PREMIUM

Premium is the amount you pay the insurance company every month in order to keep your coverage active (think of it as a monthly subscription). The lower your monthly premium, the higher your out-of-pockets payments will be and vice versa.

IN NETWORK VS. OUT NETWORK

Your in network is essentially doctors, hospitals, clinics, etc, your insurance contracts with and agrees to special rates for different medical needs. Out network is the doctors and hospitals out of your insurance contract. If you receive any form of medical care outside of your in network then you are more likely to pay more out-of-pocket fees.



You are here and you are committing to progress.

Assess - Evaluate current habits and think about how you would like things to be different.

Purpose - Find your why and your reason for wanting to make a healthy change.

Prioritize - What do you need to do to make this a priority in your life?

Mindset - Determine how you will choose to think about your change efforts.

Game Plan - Determine what is required and what strategies would yield the great return/reward. Set a specific, measurable, attainable, realistic, and time-oriented goal to reach for.

Action - Put the game plan into motion and implement strategies you came up with to help you achieve your goal.

Reflect - Think back on what you accomplished and what you learned from the experience.

Improve - Continue to progress and consider using this strategy to improve in another area of your life.

Lead - Lead by example and serve others. You are able to demonstrate to others what is possible and have a positive influence on them.



TRANSFORM