



# THE SAVVY HEALTH CARE SHOPPER

## USING HEALTH CARE DOLLARS WISELY



### THE CHALLENGE:

#### PAYING MORE FOR HEALTH CARE DOESN'T NECESSARILY MEAN THE CARE WILL BE BETTER.

Ann's physician has recommended a procedure. She wants to make sure she gets the care she needs without paying more than she has to.

For other major purchases she knows how to figure out if she's getting good value. For health care, she should do the same.

### 1 SHE DOES SOME RESEARCH BEFORE GOING INTO THE EXAM ROOM.



#### AM I STAYING IN NETWORK ?

She makes sure all of her doctors, clinics and hospitals are in her health plan's network.

#### WHAT WILL I PAY ?

She uses her health plan's cost estimator or customer service line to learn what a recommended procedure might cost.

### 2 SHE ASKS QUESTIONS ABOUT THE PROCEDURE AND RELATED TESTS AND MEDICATIONS.



#### HOW MUCH WILL IT COST ?

More expensive care is not necessarily better care.

#### ARE THERE OTHER OPTIONS ?

Less expensive treatments or medications are sometimes the best choice.

### 3 SHE USES THE ER ONLY FOR EMERGENCIES.



#### WHERE SHOULD I GO ?

Some settings of care are much more expensive than others. She visits her primary care provider whenever possible.

#### BECOME A SAVVY HEALTH CARE SHOPPER.

Visit [www.wahealthalliance.org/savvy-shopper-cost](http://www.wahealthalliance.org/savvy-shopper-cost) for more information on how to spend your health care dollars wisely.