How To Choose a Health Care Plan?

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Health care benefit plans are mostly priced based on when a plan starts paying.

A plan with a higher deductible generally costs less than one with a lower deductible because you are paying up front before the plan starts paying. The same applies to copays, the fixed amount you pay for each service or visit like at a doctor's office, and to coinsurance which is the percentage "share" you pay once you meet your deductible.

If you consider you and your family healthy and only go to the doctor for annual routine checkups, you may be better off with a higher deductible plan.

If you choose a benefit plan that is considered a High Deductible Health Plan (HDHP), you may also be able to set up a Health Savings Account (HSA) and deduct your contributions from your income taxes.

If you and your family go to the doctor on a regularly or if you know you are going to have additional medical expenses in the coming year, it may be advantageous to choose a plan with a lower deductible and copays for doctor visits and prescription drugs.

The premiums you pay each month may be deducted before income taxes if your practice has a Section 125 Plan in place. If you are not sure, ask your office manager if your deductions are "pre-tax."

Start by estimating what you think your health care expenses will be for the next 12 months. Then look at each plan's deductible, copays and coinsurance and consider how much premium you will pay for each plan option. If the premiums are more than you expect to pay out of your pocket.

For more information visit https://myncdsheatlcareplan.org

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