



LARIMER
COUNTY

MAY 2022

HEALTH UPDATE

Three Tips to Lower Your Out-of-Pocket Health Care Costs

COST-SAVING HEALTH CARE TIPS



Become a savvy health care consumer and keep more money in your wallet.

You can reduce your out-of-pocket costs with these money-saving tips.



CHOOSE GENERIC DRUGS

Generic drugs are FDA-approved and typically cost less than their brand-name versions. They also contain the same active ingredients and are just as effective as their brand-name equivalents. If you're currently taking a brand-name medication, talk with your doctor about switching to a generic version. On average, switching could save you 30%–80% on your prescription costs according to the [FDA](#).



VISIT AN IN-NETWORK PROVIDER

Choose an in-network provider to get the best deal on your health care services. Your costs are lower because in-network providers and facilities have agreements with your health plan to provide services at a lower, negotiated rate. Visit your health plan's website to locate an in-network provider.



SHOP AROUND FOR COST-EFFICIENT, HIGH-VALUE CARE

The best care does not have to cost more. **Log into your health plan's website and use a cost comparison tool when you need procedures or services outside of your primary care physician's scope.** You can often compare cost and quality of care reviews to secure the best care at the best price.