

4 WAYS TO FIND LOWER-COST FACILITIES

Get the care you need without breaking the bank. Understand your options so you can make choices that save you money and ensure you receive quality care.



START WITH YOUR PROVIDERS

- Your **Primary Care Physician** (PCP) is **your healthcare hub!** A good PCP relationship is key to preventative care and long-term savings.
- When you need specialized care, ask your PCP to recommend a **Specialist**. This **helps you** see a qualified provider and **stay in-network**.

COMMUNITY HEALTH CENTERS & CLINICS

- Affordable health centers offer **quality care at lower costs**, often on a sliding scale based on income. They are a great option for those without insurance or with limited resources.
- Try the **Health Resources & Services Administration**. Search online for facilities near you at findahealthcenter.hrsa.gov.

COMPARE PRICES

- Don't be shy – **ask about costs upfront!** Hospitals and clinics **must provide price estimates** for procedures and services.
- **Comparison shop.** Websites and apps can help you compare costs for common procedures. **A little research can save you big!**
- **Discuss outpatient procedures** with your doctor, as they are often **cheaper than hospital stays**.

LEVERAGE YOUR INSURANCE

- Your insurance company has a network of preferred providers. **Stay in-network** to **lower out-of-pocket costs** for doctor visits, procedures, and lab tests.
- **Visit online or call your insurance carrier** to find in-network doctors, specialists, and facilities. **Understand your plan** to save money!



**KNOW
WHERE TO GO**

Compare average costs per visit between an Emergency Room, Urgent Care, and Telemedicine.
[DOWNLOAD THE PDF](#) to learn more.



QUESTIONS? Contact TrueNorth's TRUEAdvocate Team:
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BROUGHT TO YOU BY:



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