MY HEALTH COVERAGE AT-A-GLANCE

C2C Coverage to Care

PLAN INFORMATION:

Plan name

Group number

Member ID number

Website

Phone number

Other

KNOW WHAT YOU PAY FOR CARE:

PREMIUM: The payment you make to a health insurance company or plan for your coverage. This is usually paid each month to keep your coverage.

Cost

DEDUCTIBLE: The amount you pay for health care services before your health plan begins to pay.

Cost

Services I can get before I meet my deductible. This includes preventive services, like flu shot, pap test, and colorectal cancer test, etc.
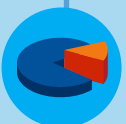
COPAYMENT (COPAY)**:** A set amount you pay for a medical service or supply. There may be different costs for a doctor's visit, hospital outpatient visit, or prescription.

Primary care copay

Specialist copay

Prescription copay

Hospital copay

COINSURANCE: A portion you pay as your share of the cost for services after you pay any deductibles.

Primary coinsurance

Specialist coinsurance

Prescription coinsurance

Hospital coinsurance

OUT-OF-POCKET MAXIMUM: The most you pay before your plan starts to pay 100% for covered services in a plan year.

Out-of-pocket maximum

Enter current maximum and note if it includes deductible and other costs.

PREVENTIVE SERVICES: Routine health care screenings, check-ups, and vaccines. For example, flu shots, depression screenings, and blood pressure tests.

Cost

$0 (for most plans, adjust if needed)

KNOW WHERE TO GO FOR CARE:

Cost tip: Services usually cost less if you use in-network providers. These are facilities, providers, and suppliers your plan has agreed to use to offer services. To find out who is in-network, check the plan directory and ask your provider's office.

PRIMARY CARE PROVIDER: The main provider (often a doctor) you see first for most health problems. This could be a private practice, community clinic, or other place. Go to this provider for preventive services, prescriptions or other health questions.

My provider's name

My provider's phone number

SPECIALISTS: A physician who focuses on a specific area of medicine or a group of patients to diagnose, manage, prevent, or treat certain types of symptoms and conditions. A non-physician specialist is a provider who has more training in a specific area.

My specialist's name

My specialist's phone number

PHARMACY: A store where prescriptions are given and sold. To fill prescriptions, find a pharmacy that's in-network. This way you won't pay as much. See the plan directory or check with your local pharmacy.

My pharmacy's address

My pharmacy's phone number

EMERGENCY DEPARTMENT (ED OR ER): The ED in your local hospital is where you would receive service for an illness, injury, symptom, or condition so serious that a reasonable person would seek care and treatment right away to keep the condition from getting worse.

My local hospital's address

My local hospital's phone number

Don't forget!

DATES TO REMEMBER AND OTHER NOTES

Review your plan each year before Open Enrollment and contact your plan with any life changes (like getting married or having a baby) or any changes in contact information. For more information on how to get started go to the 5 Ways to Make the Most of Your Health Coverage.

Premium due date

Renewal date/other

Other information

For more information and a glossary of terms, visit **go.cms.gov/c2c** to read the *Roadmap to Better Care*.