



**Step 2:** Sketch out how often the patient may require appointments, testing, or other medical care over the

next twelve months based on his or her conditions.

Month	Primary Care Appointments	Specialty Care Appointments	Tests (Blood Work, Imaging)	Other
January				
February				
March				
April				
May				
June				
July				
August				
September				
October				
November				
December				

**Helpful hint:** Once a potential treatment plan has been sketched out, steps 3 and 4 below can be done by the physician or another health care team member with the patient, or patients can look up potential costs by

themselves. We would recommend having a health care team member assist in looking up the potential costs since searching for certain tests can be difficult without medical knowledge.

**Step 3:** Point the patient toward available resources where he or she may be able to estimate the out-of-pocket costs related to your recommended tests or treatments. If you often prescribe certain tests, it may be helpful to look up the average costs of these tests

in your area to help estimate the cost to the patient. Use **FAIR Health Consumer** at [fairhealthconsumer.org](http://fairhealthconsumer.org) or **HealthcareBlueBook** at [healthcarebluebook.com](http://healthcarebluebook.com) to estimate in- or out-of-network costs in your area.

Test	FAIR Health Consumer Price	Healthcare Blue Book Price

**Step 4:** Estimate the out-of-pocket costs of any recommended medications. We recommend using OneRx at [onerx.com](http://onerx.com), GoodRx at [goodrx.com](http://goodrx.com), or NeedyMeds at [needymeds.org](http://needymeds.org) to look up potential out-of-pocket costs for medications. These websites may also link to

assistance programs or coupons and provide a cost comparison at local pharmacies. OneRx also allows the patient to enter his or her insurance information for the most accurate estimate of a potential co-pay.

Medication	Estimated Cost	Cheapest Pharmacy

