

Cost of Care



What is the cost of your care?

The cost of your care is any money that you spend on your health care. You might first think of your monthly insurance bill or your doctor's office copays. Cost could also include how much you pay for your medicines, sessions with therapists, or care provided by other members of the health care team. But there are other costs, too. These other costs might be:

- Missed day of work and wages
- Paying a babysitter to watch your child while you are at the doctor
- Transportation cost to get to the drug store or other appointments
- Parking
- Meals at the hospital or health care facility between tests and appointments



Why should you talk to your health care provider about costs?

Getting health care can be expensive. Many people don't fill prescriptions or skip their appointments because of costs, but your health care provider wants you to stay as healthy as you can. He or she might have resources that you didn't know about to help you with costs, like coupons for your medicines, alternative treatment options, a case manager, or more.



I'm having trouble paying for my care. What can I do?

Ask your health care provider for help. Even though it can feel uncomfortable, be honest about your situation. Your health care provider isn't there to judge you. He or she is there to help you get the best care you can. Health care providers can help you address the costs of your care by:

- Connecting you with resources and/or staff to explore payment plans and assistance
- Prescribing generic medicines or alternative medications
- Asking front office staff to coordinate follow-up appointments to minimize out-of-pocket expenses
- Helping you make decisions about what care you need now, and what care may be safely postponed

