

Health Insurance Terms You Need to Know



Do you know the ABCs of health insurance? With a good understanding of common health care buzzwords, it will be easier to find an insurance plan that meets your needs—and fits within your budget.



Premium—

The amount you pay the health insurance company to keep your coverage.



Copayment—

A flat fee you pay upfront for doctor visits, prescriptions and other health care services. Also known as a copay.



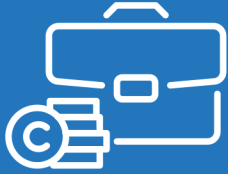
Out-of-Pocket Maximum—

The limit or maximum amount you can be charged for all in-network health care services in a year.



Deductible—

The amount you pay out of pocket before your health insurance starts to cover costs.

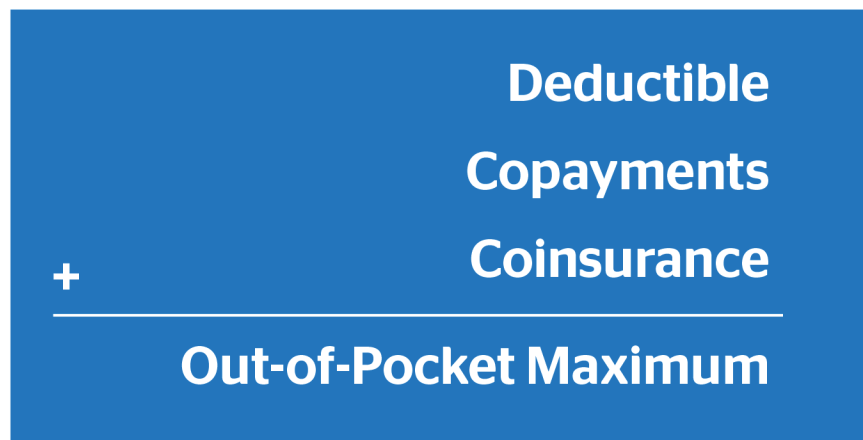
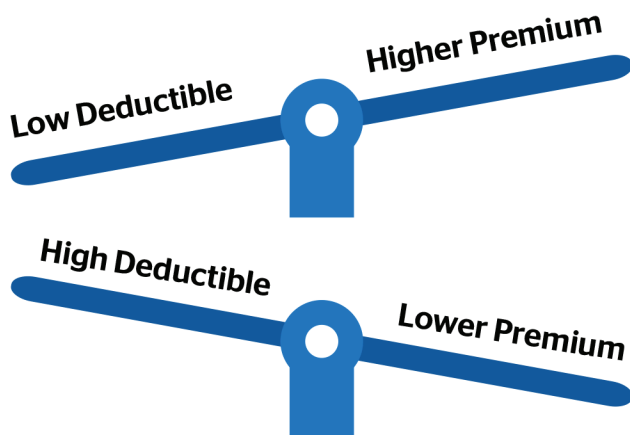


Coinsurance—

The percentage you pay for the cost of covered health care services, after you meet your deductible.

When shopping for a plan, keep in mind these helpful tips and facts:

- A good rule of thumb is to select a plan with a deductible that's no more than **5%** of your gross annual income.
- The deductible is tied to the premium.



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