

Health Insurance: Best Buys

A worksheet to help you and your loved one choose the right health insurance policy.

Using this worksheet, your loved one can begin to make some rough estimates based on what service he or she needs or wants, how many people are in his or her family, his or her age, and other factors. Does he or she need to have his or her eyes tested this year? Will a mammogram or other cancer screening test be needed?

Look at your loved one's medical and insurance records from last year as a guide to what services he or she might use this year. Add up the actual costs, including premiums. Estimate what your loved one might spend on deductibles, coinsurance and/or copayments, and services that are not covered.

Compare Policy #1, Policy #2 and Policy #3 to determine which is the best buy.

	Policy #1	Policy #2	Policy #3
What is the monthly premium? Individual: Family: Multiply by 12 for annual cost:			
What is the deductible? (if there is one) Individual: Family:			
What is the coinsurance rate or copayment, if there is one? (Note if there is a higher rate for special services such as outpatient mental health care.)			
Are there any annual limits for days or services covered and the amount spent?			
What is the maximum your loved one will have to pay out-of-pocket each year?			
What is the lifetime limit, if any?			
Total estimated yearly cost:			

Compare these results to the checklist of services that are important to your loved one. *Is your loved one's best buy the same policy that gives him or her the most services that he or she needs?*

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