

How can I save money on my health care costs:

There are several options that will help you reduce the amount of money you spend for your health care. Some of these involve using tax-advantaged money to pay for care. If you are eligible to participate in Flex Spending Accounts (FSA), Health Savings Accounts (HSA) or Health Reimbursement Accounts (HRA), you can set aside a pool of money for your medical expenses on a tax advantaged basis. This is a great option for people with known or expected health costs. By participating, I can set aside a portion of my income on a tax advantaged basis and use that money to pay for my medical bills. There are rules and restrictions for each of the accounts and you will need to determine which the best fit is for you.

Common resources available to everyone include Comparison Shopping tools and Claims Settlement services.

The best way to save money is to purchase the right service at the best price. In an emergent or life threatening situation, please seek immediate medical care. If you have the opportunity to schedule your test or procedure and the condition is not urgent, researching options and costs will give you an idea of reasonable prices and allow you to find the most affordable practitioner. Vimo (www.vimo.com) and Subimo (www.subimo.com) are two on-line resources that provide details on medical costs in your area.

My Medical Control (www.mymedicalcontrol.com) is a Claims Settlement company that will negotiate on your behalf with a medical provider. MyMedicalControl works directly with your doctor and in the past has been able to reduce your claim responsibility by 25%-45%. For more information follow this link the MMC Frequently Asked Questions page: www.mymedicalcontrol.com/learnMore_faq.asp