

5 HEALTHY BEHAVIORS

5 SMART CHOICES TO LOWER HEALTH CARE COSTS

**SMART
CHOICE!**

With so many changes taking place in health care – and with care costs on the rise – how can you actually save money?

Work with your health care provider to follow these cost-saving tips:

1. GO GENERIC

Generic drugs deliver the same therapeutic results as brand-name drugs and include the same active ingredients. They must meet the same rigorous standards established by the FDA. But with generics, you pay a lot less. Generic drugs can be as little as one-sixth the cost of brand-name drugs!

2. CHOOSE AN URGENT CARE CENTER

If you're in need of treatment for a common ailment like the flu, a cold, an earache or ankle sprain, consider an Urgent Care Center instead of a hospital emergency room. You can save up to 2-3 times the cost of an emergency room visit! And you also save time, since you may wait less time to see a medical professional.

3. CHOOSE AN INDEPENDENT LAB

Did you know that blood tests done at an independent lab could save you up to 50% over the same tests done at a hospital? You could save substantially if you take all of your doctor's orders to a local lab instead of the hospital. Independent labs are designed to be quick, efficient and convenient.

4. CHOOSE AN X-RAY IMAGING CENTER

Again, skipping the hospital can save you time and money, and they help you get more efficient care. X-ray Imaging Centers can perform X-rays, CT Scans and MRIs at a cost that's up to 30% less than hospitals.

5. SHARE YOUR TEST RESULTS

Having your tests done once and sharing the results with all of your care providers will save you time and money. When providers have access to your current test results, you'll be less likely to have tests repeated unnecessarily. On average, avoiding a duplicate test can save you between \$1,100 and \$1,800 per test.

To learn more about these and other cost-saving behaviors, visit your Highmark member website at www.highmarkbcbs.com

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CS 105904 1/13