

How to help lower your healthcare costs:

- Use standalone facilities instead of hospital-based facilities for outpatient procedures and imaging (services tied to a hospital will have higher costs).
- Ask for LabCorp or Quest to process lab work, even if provider draws lab.
- Use Teladoc, primary care or express and/or quick clinics before going to urgent care or emergency rooms for non-life-threatening conditions. They can provide the same service at a lower cost.
 - Example: HyVee Quick Clinic and JCMG Express Care in Jefferson City
- Cole County Health Department has a Nurse Practitioner who can see same day or next day Monday – Friday. Does not accept insurance, however, copay is \$40 per visit and you can use your HSA debit card for payment. (Additional costs may vary but they will inform you prior to service being provided)
- Ask for lower cost-effective medications. It is possible for 2 generics to work the same as a non-preferred or specialty?