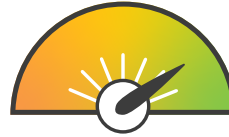


7 TIPS ON HOW TO BE A BETTER HEALTHCARE CONSUMER



82% OF AMERICANS RATE THE QUALITY OF THEIR HEALTHCARE AS EXCELLENT OR GOOD

1 KNOW THE BASICS OF YOUR HEALTHCARE PLAN

2 AN FSA OR HSA CAN HELP SAVE MONEY

3 USE IN-NETWORK PROVIDERS

4 GET A SECOND OPINION

5 GENERIC DRUGS OVER BRAND NAME PRESCRIPTIONS

6 CARE COORDINATORS OR HEALTHCARE CONCIERGES CAN HELP

7 BE CONSCIOUS OF YOUR HEALTH

88%
OF PATIENTS WHO SOUGHT A SECOND OPINION RECEIVED A NEW OR REFINED DIAGNOSIS



Scan here to view a video about How to be a Better Healthcare Consumer



MORE INFORMATION

How would you rate the quality of your insurance? Do you feel like you are getting the most out of your health benefits? Here are some tips to help you become a better healthcare consumer.

These tips may seem small but can be very effective in saving on your healthcare costs. As a savvy healthcare consumer, you can feel empowered and knowledgeable about your health benefits and get the most out of them.

For more resources

<https://captaincontributor.com/tips-better-healthcare-consumer/>

<https://www.census.gov/library/publications/2021/demo/p60-274.html>

<https://news.gallup.com/poll/327686/americans-satisfaction-health-costs-new-high.aspx>

