

# THE SPOTLIGHT

Spotlighting healthcare-related educational topics that matter to you

January 2025



The Patient Education and Empowerment Department creates resources that address a range of topics from medical debt to insurance access and disability benefits. The resources we produce are reflective of real-world experiences that meet the needs of the patients PAF serves.

[CLICK HERE](#)

## Health Insurance Resolutions for 2025

At the start of the year, when everyone is making resolutions, it's a good time to review and understand your health insurance coverage so you can start the year off right.

Here are some key health insurance terms and actions for you to remember at the beginning of the year:

**Deductibles:** Understand your deductible amount. This is the amount you pay out-of-pocket before your insurance starts to cover costs.

**Copays/Coinsurance:** Know your copay amounts (fixed fees) and coinsurance percentages (you pay a portion of the cost) so you can anticipate charges.

**Out-of-Pocket Maximum:** Determine the out-of-pocket maximum for your plan. Once you reach this limit, your insurance typically covers most costs for the rest of the year.

**Network Providers:** Confirm which providers, hospitals, and specialists are in your insurance network.

**Coverage Limits:** Check for any

limitations on specific services or procedures.

Here are 5 tips to help you maximize coverage in the New Year:

**Preventive Care:** Preventive care involves proactive steps to maintain your health and prevent future illnesses. It's a good idea to schedule and utilize preventive services like annual checkups, screenings, and immunizations. These are often fully covered by your health insurance plan.

**FSA Funds:** If you have a Flexible Spending Account (FSA) use any remaining funds before the end of the year (or grace period) to avoid losing them. If you would like to learn more about FSAs, check out PAF's guide [here](#).

**Schedule Necessary Procedures:** If you have any elective procedures planned, consider scheduling them early in the year. If you have a high-deductible health plan, scheduling elective procedures early in the year can help you meet your deductible sooner. This means you'll be responsible for less out-of-pocket costs for any future medical expenses within that year. Scheduling in

advance allows you to budget and plan for the associated costs. Also, popular procedures often have waiting lists, so early scheduling ensures you get the appointment when you need it.

**Maintain Records:** Maintain accurate records of all your medical expenses throughout the year. Accurately tracking your medical expenses throughout the year is crucial for tax purposes as many medical expenses are tax-deductible. You can identify trends and patterns in your healthcare spending.

**Keep track of what you owe:** Don't pay any hospital bills without an explanation of benefits (EOB) document! An Explanation of Benefits (EOB) is a document from your insurance company that details what services your insurance plan covered for a particular claim, the amount your insurance company paid to the healthcare provider, and the amount you are responsible for paying. The EOB can help you identify any errors in the billing or insurance coverage. If you believe there's an error or if the charges seem excessive, you can use the EOB to negotiate with the provider or insurance company.

