

Shopping for Health Care

If you are on a high deductible health plan like the CIGNA Preferred or Economy Plan, or the Kaiser HMO / HSA, you understand how important it is to know the cost of certain procedures or exams. Having a price range in mind will not only help you budget for your medical care (and make additional contributions to the HSA if you desire), but it will also help you in negotiating a price with your physician or even changing physicians if you feel your physician is over-priced.

Due to the rapid growth and adoption of high deductible plans in the United States, there are several tools on the website that can help you understand a range of medical costs, from X-rays to annual physicals to knee replacements. There is no cost to use these tools, so just start clicking your way to better use of your HSA!

Healthcare Blue Book <http://www.healthcarebluebook.com/>

Search for fair prices in your zip code for physicians' services, hospitalizations, lab work, dental, and vision care.

Change:Healthcare <https://www.changehealthcare.com/>

Search for information on services as well as drugs. There is also a discussion forum where users share tips and comment on their experiences. Change:Healthcare provides a glossary of medical and insurance terminology, plus guides for things like how to negotiate prices with your doctor.

New Choice Health <http://www.newchoicehealth.com/>

Provides high, low, and average cost of many common procedures based off of Denver area hospitals and physicians. Will also list prices for these procedures at specific hospitals and clinics in the Denver Metro area.