

How Plans Work

HDHP	High deductible health plan, a type of medical insurance or plan that generally has a higher deductible and lower monthly premiums. Typically, you take responsibility for covering your health care expenses until your deductible is met. Once you meet your deductible, coinsurance applies up to the out-of-pocket maximum.
Coinsurance	Some services require that you pay coinsurance. Coinsurance is a percentage of the total cost.
Deductible	All options include an annual deductible. You pay this amount out of pocket before the plan pays for most services that require coinsurance.
Cost Sharing	The share of costs not covered by your insurance that you pay out of your own pocket.
Copay	Some services require that you pay a copay. A copay is a flat dollar amount, like \$25 for a doctor's visit.
Network	A group of doctors, hospitals, facilities and other healthcare providers contracted with a health insurance carrier to provide services to plan members for set fees.
Out-of-Pocket Maximum	The out-of-pocket maximum is the most you will pay for your copays, deductible and coinsurance each year. Once you reach your out-of-pocket maximum, the plan pays 100% of covered medical expenses.
In-Network vs. Out-of-Network Providers	You can see any doctor or go to any healthcare facility you want. However, if you use an "in-network" provider, you will always pay less. That's because an in-network provider agrees to provide services at discounted rates.
Plan	The Life University Group Insurance Program. The plan provides or pays a portion of the cost of medical care and determines how much you pay in premiums, copays and coinsurance.