

Health Insurance Overview

Types of Health Insurance: PPOs, HMOs & EPOs

PPO plans are the most flexible type of health insurance and often have higher premiums. PPOs:

- 1) allow you to make an appointment with any provider, without a referral from your primary care physician
- 2) offer coverage for both in network and out of network providers. Seeing a provider that is not in network, comes at a higher cost, after a deductible is met, for services and medications covered by your plan.

HMO plans are the most restrictive type of health insurance and often have lower premiums. HMOs:

- 1) Require you to have a primary care physician (PCP) to oversee your healthcare needs.
- 2) Require you to get a referral from your PCP before seeing a specialist
- 3) Limits your care to in-network providers – nothing is paid if the provider is out of network or if you see a specialist without the referral from your PCP, except in an emergency, when an in-network provider is too far.

EPO plans function like a PPO but, cover like an HMO

- 1) like a PPO, you can self-refer to any in-network provider, without the referral of a PCP
- 2) like an HMO, nothing is paid if the provider is out of network, except in an emergency where an EPO provider is too far.

When to Apply for Health Insurance

- 1) Since 2014, individuals can only apply for health insurance during open enrollment, November 1 through December 15, for the following year OR
- 2) Within 60 days of a qualifying life event (QLE). Qualifying life events include:
 - a. Coming off an employer sponsored plan/losing group coverage;
 - b. Moving outside your current plan's service area;
 - c. Growing your family
 - d. A change in marital status

When selecting a health plan, **consider the premium** – what you pay monthly for the plan; **the deductible** - what you pay before benefits begin, **the co-pay or co-insurance** – the amount you pay for an office visit, test, hospital stay, etc. and the **annual out of pocket maximum** – what you pay before you're covered at 100% for the remainder of the year.

Call 310 540 7760 to discuss your specific needs.