

It Makes \$ense to Compare



COMPARISON SHOPPING - DIFFERENT CLINICS, DIFFERENT COSTS

It seems only natural to ask what something costs before you buy it. But with health care we rarely do.

COMPARE AND SAVE			
Episode Treatment Group	Clinic A	Clinic B	Clinic C
Bladder Infection	\$191.48	\$142.57	\$220.52
Chest X-Ray	\$64.82	\$46.76	\$63.74
Cholesterol Panel Test	\$35.81	\$29.84	\$29.84
Diabetes Screening - Lab Only	\$16.44	\$13.70	\$13.70
Flu Diagnosis	\$192.43	\$143.36	\$221.31
Mammogram Screening	\$193.71	\$139.75	\$190.48
Outpatient Existing Patient Intermediate Office Visit	\$151.98	\$109.65	\$187.60
Outpatient New Patient Intermediate Office Visit	\$224.99	\$162.33	\$277.72
Pap Smear	\$40.80	\$34.00	\$34.00
Routine Physical Exam Age 1 - 4 Established Patient	\$222.01	\$160.18	\$274.04
Routine Physical Exam Age 18 - 39 Established Patient	\$247.34	\$178.45	\$305.31
Strep Throat	\$176.52	\$130.10	\$208.05

Note: Cost data is for care per episode treatment group. This is aggregated average information and is intended for informational purposes only. Actual individual costs for treatment of, or procedures for, the listed episode treatment group may vary.

When selecting a clinic, ask about costs and compare your options before scheduling an appointment or go to PreferredOne.com, register/login as a member and check the Medical Cost Tools section.

WHERE DO I GO FOR MEDICAL CARE - CLINIC, URGENT CARE OR ER?

Everyone knows that if you have a life-threatening condition, the emergency room is the place to go. But what about conditions like flu, a sore throat, cuts or sprains? Where you go has an impact on getting the most appropriate care and the cost of that care – costs that are passed on to you and your employer.

You Have Options:

- **Visit PreferredOne.com** - to locate participating providers in your PreferredOne network.
- **Call Your Clinic** - if your clinic is open, they can provide the best advice on the level of care you need — scheduling an appointment or recommending urgent care or a emergency room.
- **Convenience Care Clinics** - offer easy access for common illnesses and injuries.
- **Urgent Care** - Generally, provides after-hours and some weekend care for conditions that are not life-threatening and require more immediate attention.
- **E-Visits** - for minor health conditions go online 24/7.
- **Emergency Rooms** - For life- threatening conditions that require immediate emergency care.

PreferredOne®

COMPARE AND SAVE

IMAGING: MRI, CT & PET/CT SCANS - WHERE DO I GO FOR SERVICES?

PreferredOne maintains a high level of quality imaging providers while managing costs.

Tips for being a proactive health care consumer for imaging services:

- Ask for a good faith estimate of the procedure you are having done.
- In general, a free standing imaging provider will be 30-50% less expensive than a hospital-based provider.
- Minnesota law requires that all imaging providers have available estimated reimbursement levels for their top 50 procedures.
- Go to PreferredOne.com, register/login as a member and select *Imaging Providers* in the Medical Cost Tools section to view provider cost comparisons.

GENERICS vs. BRANDS

GENERIC MEDICATIONS CAN SAVE YOU 40% OR MORE OVER BRAND NAME DRUGS.

Generic medications are required to have the same active ingredient and medical effect as a brand name drug. Almost every drug class has one or more generically available medications in it and can save 80% or more over the brand name drug.

The next time you get a prescription, ask your doctor or pharmacist if there is a generic available.

COMPARE AND SAVE

Rx Treatment	Brand Rx	Generic Rx
Ulcers, Reflux & Stomach Problems	Nexium \$214	esomeprazole \$5
High Cholesterol	Lipitor \$83	atorvastatin \$8
High Blood Pressure	Zestril \$45	lisinopril \$3
Diabetes	Glumetza \$63	metformin \$0.76
Antibiotics - 10 day supply - 250 mg	Biaxin \$87	clarithromycin \$20

Note: Unless otherwise noted, pricing is based on a one month supply of 20mg strength when a PreferredOne ID card is used to fill prescriptions. This information is intended for informational purposes only. Actual cost for prescribed medications may vary.

OVER-THE-COUNTER (OTC) vs. PRESCRIPTION

Many prescription products have similar Over-the-Counter (OTC) alternatives available. The next time you get a prescription, ask your doctor or pharmacist if there is an OTC alternative available. Purchasing OTC products can result in savings for you and your employer.



COMPARE AND SAVE

Rx Treatment	Prescription Drug Name & Strength	Prescription Drug Cost*	OTC Alternatives	OTC Cost^
Ulcers, Reflux & Stomach Problems	Aciphex 20mg	\$365	Prevacid OTC Zegerid OTC omeprazole OTC 20mg 28 count box (generic for Prilosec)	\$10 \$18 \$13
	Dexilant 30mg	\$191		
	Nexium 20 mg	\$246		
	Prevacid 15mg	\$288		
	lansoprazole 15mg (generic for Prevacid)	\$46		
	Prilosec 20mg	\$214		
	omeprazole 20 mg (generic for Prilosec)	\$5		
Rhinitis, Allergy	Flonase	\$98	fluticasone OTC	\$23
Non-Sedating Antihistamines, Allergy	Clarinet 5mg	\$176	loratidine 10mg (generic for Claritin)	\$16
	Xyzal 5mg	\$99	cetirizine 10mg (generic for Zyrtec) fexofenadine 60mg - 30 count box (generic for Allegra)	\$12 \$23
Non-Sedating Antihistamine/Decongestants, Allergy	Clarinet-D 12 Hour	\$116	Zyrtec-D 12 hour 12 count box loratadine - pseudoephedrine (generic for Claritin-D)	\$16

*Note: Prescription drug costs are based on a one month supply when a PreferredOne ID card is used to fill prescriptions. Actual costs for prescribed medications may vary.

^The Over-the-Counter product could be less expensive to you if your benefit plan provides coverage for Over-the-Counter products. This information is intended for informational purposes only.

For more information: Call 763.847.4477 or 1.800.997.1750 or visit PreferredOne.com