



INSURANCE RESOURCES

Helpful links for a clearer understanding of the health insurance process

So, why is it important to understand your insurance? Insurance can be a big, intimidating concept - but don't worry, you don't need to be an expert! Understanding the basics can help make doctor's appointments and bills a little less stressful. Plus, it can keep you from ending up with unwanted surprises - big bills for your healthcare. We've put together a list of helpful and straightforward tools to help make insurance more clear.

- A 5 minute cartoon explaining the basics
 - <http://kff.org/health-reform/video/health-insurance-explained-youtoons/>

- General information about diabetes and insurance
 - <http://www.diabetes.org/living-with-diabetes/health-insurance/>

- A summary of basic terms and examples - get a better idea of the crazy world of “deductibles” and “copays”!
 - <https://www.cms.gov/CCIIO/Resources/Regulations-and-Guidance/Downloads/Uniform-Glossary-12-19-14-FINAL.pdf>

- A calculator for coverage and costs for different types of plans
 - http://www.puttingpatientsfirst.net/explore_my_options