

Healthy Behaviors

Highmark's Healthy Behaviors offers five smart choices you can make for getting more for your healthcare dollars. Don't miss this opportunity to save money while maintaining high-quality care. Get started today by getting the best value and services with these smart choices:



1. **Generic Drugs** which can cost up to six times less than brand-name drugs. Generic drugs deliver the same results as brand-name drugs and meet the same rigorous standards established by the FDA.
2. **Urgent Care Centers** – if you're in need of treatment for common ailments like the flu, colds, earaches or ankle sprains, consider and Urgent Care Center instead of the emergency room. You can save up to 2 – 3 times the cost on an emergency room visit! And you may wait less time to see a medical professional since the emergency room takes the most critical cases first.
3. **Independent Labs** – did you know that blood tests done at an Independent Lab could save you up to 50% over the same tests done at a hospital? You could save substantially if you take all of your doctor's orders to a local lab instead of the hospital.
4. **X-Ray/Imaging Centers** – save on X-rays and imaging by knowing where to go. For example, X-rays/Imaging Centers can perform X-rays, CT scans and MRIs at cost that's up to 30% less than hospitals.
5. **Tests** – having your tests done once and sharing the results with your providers will save you time and money. When providers have access to your current test results, you'll be less likely to have tests repeated unnecessarily, which means less time out of the office, fewer expenses and less poking and prodding! On average, avoiding a duplicate test can save you between \$1,000 and \$1,800 per test.

For more details including the locations of Independent Labs and X-ray/Imaging Centers and cost-saving advice go to www.alleghenycountyhealthsavings.com. Along with savings advice, you'll also find tools to help you get the most out of your health care. Take the Health Care Savings IQ Quiz or play the interactive game, Gurney Jumper where you can find out about savings by launching a gurney through the air.