



## News

# Dealing with Rising HealthCare Costs

Health care costs are rising significantly, greatly impacting the price you and your employer pay for your health benefits.

Spend your health care dollars wisely! Each time you go to a medical provider or receive medical services you generate a claim. The costs of your claims, and all your coworkers' claims, determine the price you and your employer pay for health benefits.

One easy way to reduce costs is to choose your Primary Care or Urgent Care Provider over Emergency Room Visits.

Here are the average costs for each type of visit:

Emergency room visit - \$786.12

Primary care physician visit - \$140.77

Do your part to reduce health care costs,  
make an appointment!

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