

How can I lower my health insurance costs?

Prices are set and determined by insurance companies, generally on a state-by-state basis. Premiums for group policies cannot vary based on your health status, age, gender or other factors unless you are purchasing a "[Basic and Essential](#)" health plan.

However, there are some options available that can help you reduce the cost of your health insurance although most of these options will increase your out-of-pocket expenses and should be carefully considered and used only in appropriate situations.

For example:

- Instead of insuring most of your medical expenses, choose to insure only the large, catastrophic ones (see "[Basic and Essential](#)" health plan).
- Reduce your monthly premium by increasing your deductible and paying more out-of-pocket before the insurance kicks in.
- If you are in a POS or PPO plan, use only in-network doctors and services.