



Four Ways to Keep Your Healthcare Costs Down

SALT LAKE CITY, UTAH, USA, February 16, 2017 /EINPresswire.com/ -- Healthcare is expensive everywhere. But Utah does have the lowest per-capita health expenditures in the U.S. and Utah insurance rates are also some of the lowest in the nation.

One contributing factor is because of Utah's young, healthy population, but another is the state's highly effective healthcare providers. For example, initiatives at Intermountain Healthcare have lessened the cost of care for patients by an estimated two billion dollars since 2011, all while maintaining high-quality care. You can learn more about these [initiatives here](#).

Everyone can do things to help lower their own healthcare costs. Here are four ways to keep healthy, and from that, lower your medical expenses.

Get Healthy and Stay Active

Utah's outdoor playground gives many the opportunity for an active lifestyle. In general, Utah residents also lead healthier lifestyles. America's Health Rankings for 2016 listed Utah first in non-smokers, fifth in being physically active, and sixth in lower obesity rates. Being active and having healthier habits has a strong connection to staying out of the hospital and doctor offices. This can lower your chance for most cancers, heart disease, and diabetes, just to name a few. Evaluate your habits and see if there is room for improvement with some helpful information at Intermountain Healthcare's [LiVe Well website](#).

Get Screened and Vaccinated

There are a host of medical screenings that can provide you with a snapshot of how healthy you are. Look at your gender and age guidelines for what regular exams are needed. Schedule regular dental visits and annual physicals. Typically, most of the screenings are free preventative services covered by your health insurance. It may save your life. If there is a problem detected in these screenings, you could lower your health costs by catching a health problem early and having easier or fewer treatments. It's also important to make sure your family has up-to-date vaccinations and an annual flu shot.

Take Advantage of Pharmacy Changes

How and where you get your medications have changed in the last few years, including quantity and delivery. You can save money by ordering 90-day supplies instead of a typical 30-day supply. Intermountain Pharmacies offer home shipments of medications at the same cost with no shipping charges so you can save time and gas by not picking them up. Another cost-saving tip is to use generic prescription options when possible.

Use Different Venues to Fit Your Needs

The doctor's office has rapidly evolved over the past decade and is a great first option for your medical needs. When your regular doctor isn't available, InstaCares are also an effective option for urgent medical conditions. Emergency rooms are great for emergencies, but more expensive than

most other options.

Telemedicine is the next game-changer in healthcare. Intermountain launched Connect Care in early 2016. The patient uses their computer, tablet, or smartphone to hold a video call with a medical professional. The health provider can diagnose certain ailments, send prescriptions to a pharmacy, or schedule an in-person visit if needed. The cost is a flat \$49 for the entire visit—and some insurances will even cover the fee. Connect Care can be accessed at www.IntermountainConnectCare.org or by downloading the app for Apple or Android.

Intermountain Healthcare is a Utah-based not-for-profit system of 22 hospitals, 185 clinics, a Medical Group with about 1,500 employed physicians and advanced practitioners, a health plans group called SelectHealth, and other medical services. Intermountain is widely recognized as a leader in transforming healthcare through high quality and sustainable costs. For more information about Intermountain, visit www.intermountainhealthcare.org.

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