

Do's and Don'ts of the U.S. Health Care System



American health care is widely known to be the most expensive in the world. This guide will introduce what to do and what to avoid to make the most of your medical visits in the U.S.

 DO		 DON'T
Understand that costs are very expensive and can vary between doctors	Medical Cost	Assume treatments are free , or that your doctor can guarantee coverage
Purchase health insurance upon arrival and learn your plan's basic coverage	Health insurance	Stay uninsured, which can lead to high medical costs
Make an appointment with doctors if not feeling well or visit a walk-in clinic	Seeking treatments	Visit an ER for unserious conditions; can lead to long waits and huge bills
Visit U.S. physicians to get prescriptions; bring extra medicine from home country	Prescription drugs	Bring home country prescriptions, or attempt to get medicine without one
Contact your insurance company for info before making payments to your doctor	Medical bills	Ignore any communications from your insurance company about medical bills

Important actions when visiting doctors



Understanding definitions

Familiarize yourself with insurance plan terminology within your brochure



Finding a doctor

Know in-network doctors who provide direct billing at negotiated rates



Be proactive

Follow up with your insurance company for claims processing