

# Choosing the Right Provider



Did you know that how much you pay for a medical service can vary depending on where you go? A higher price does not mean higher quality, and prices can vary by as much as 70%. For many services, you can save by choosing to receive care from low cost providers. Using the tool below, you can find the highest value care.

For USNH Health Insurance Plans		For Non-USNH Health Insurance Plans
Cigna Cost Tool	Healthcare Blue Book	NH Health Cost
<p>myCigna online accounts include access to a tool that provides cost information about local providers, including primary care, specialists, and urgent care facilities.</p> <ol style="list-style-type: none"> <li>1. Login to my.Cigna.com.</li> <li>2. In the Cigna One Guide, click on "FIND CARE"</li> <li>3. Select "FIND NOW" under Providers and Costs.</li> <li>4. Enter your search criteria.</li> <li>5. When the results populate, look at the Quality Ratings &amp; Recognitions to decide where to go.</li> </ol>	<p>Healthcare Bluebook is an online and mobile accessible service that provides cost and quality information about healthcare services and providers.</p> <ol style="list-style-type: none"> <li>1. Visit <a href="http://unh.edu/hr/benefits">unh.edu/hr/benefits</a>.</li> <li>2. Under "HEALTH PLANS" select "Information Center"</li> <li>3. Select "Healthcare Bluebook"</li> <li>4. Enter your last name, birth date, and email address to sign in.</li> <li>5. Enter your zip code.</li> <li>6. Enter your search criteria or select from a list of options.</li> <li>7. Healthcare Bluebook shows you the cost of care so you can decide where to go.</li> </ol>	<p>NH HealthCost was developed by the New Hampshire Insurance Department to improve transparency of prices for health care in New Hampshire.</p> <ol style="list-style-type: none"> <li>1. Visit <a href="http://nhhealthcost.nh.gov">nhhealthcost.nh.gov</a>.</li> <li>2. Select "COMPARE COSTS"</li> <li>3. Select "Medical Procedures"</li> <li>4. Select your health insurance carrier.</li> <li>5. Select either an individual plan (if you purchase your insurance on your own) or a group plan (if your insurance is provided through your employer).</li> <li>6. Enter your search criteria or select from a listing of options.</li> <li>7. Use cost information to decide where to go.</li> </ol>