**Do you have questions about your healthcare treatment and costs?**

**We want to help!**

We know that the cost of medicines and healthcare services can influence your decisions. The costs you pay can vary by several factors such as the type of treatment you need, if you have insurance, your type of coverage, and where you receive services. We want to help you to find the treatment options that are best for you that you can afford.

**How can your health care provider help?**

* We will work as a team to give you the best care possible.
* We promise to help you make cost-informed choices.
* We will discuss with you lower-cost treatments that may be just as effective for your health.
* We will help you understand what you will pay for the treatment options we discuss.

**What can you do as a patient?**

* Talk to us about your cost concerns.
* Find out what your insurance plan and network covers.
* Look up costs of procedures or treatments at [www.CompareMaine.org](http://www.CompareMaine.org) and compare costs of prescription medicines at [www.goodrx.com](http://www.goodrx.com)
* If you are uninsured, having insurance problems or need help finding a way to get health care, call the Consumers for Affordable Healthcare HelpLine at 1-800-965-7476 or visit [www.mainecahc.org](file:///\\FS05\data5\msps\common\Cutler\PHHP\RWJ%20Cost%20of%20Care\materials%20development_consumer%20input\financial%20health%20poster%20letter\www.mainecahc.org) for assistance.

The Providers and Staff at DFD Russell Medical Centers