**Understanding Healthcare Terms**

PREMIUM - The amount that must be paid for your health plan. USPS® and employees contribute biweekly; USPS® and retirees contribute monthly.

PROVIDER - A physician, health care professional or healthcare facility.

NETWORK - The facilities, providers, and suppliers that your health plan contracts with to provide services.

CO-PAYMENT - A fixed amount you pay for a covered health care service, usually when you receive the service.

DEDUCTIBLE - The amount you owe for healthcare services before your plan begins to pay.

CO-INSURANCE - You pay a percentage of the allowed amount for your healthcare service.

ALLOWED AMOUNT - The maximum amount on which payment is based for covered healthcare services.

OUT-OF-POCKET LIMIT - The most you pay during a policy period before your health plan begins to pay 100% of the allowed amount.

BALANCE BILLING - Provider bills you for the difference between the provider's charge and the allowed amount.

Source: Centers for Medicaid and Medicare Services