

Benefits & Drawbacks Of Low Cost Health Insurance

Low cost health insurance need not be better or worse than an all frills health insurance package. This is something that every one of us needs to keep in mind before we think about getting insurance. It all boils down to how much research you have done into the subject and what exactly you want from your health insurance.

The most obvious benefit of having low cost health insurance is the cost. You do not have to worry about the regular payments that you have to make out in the name of premium.

So what is low cost health insurance?

Low cost health insurance is that health insurance for which you do not need to pay as much as a all frill or full benefits health insurance.

How can you get low cost health insurance?

There is no such thing as low cost health insurance. It is about the choices you make. There is something known as fee for service health insurance. This provides a lot of flexibility and convenience, but is not cost effective. So remove this from your mind if you want a low cost health insurance.

The other two types of health insurance are managed care and HMO or health management organizations. We will first try and understand managed care.

Managed care is the cheapest of the lot and offers the least flexibility. In this type of health insurance, you need to get the prior permission from your insurance company before you even go for your treatment. This impedes the control that you have over your health care as you have to go only to those places recommended by your health insurance company.

The HMO's are slightly if not largely better. They are insurance companies with affiliation to hospitals and doctors. Sometimes, they will also have their own centralized health care facilities which will provide all sorts of health care related services under one roof. This is a good option, because you will have access to frequent check ups and tests. And the insurance company makes sure that your ailments do not lead to further complications. This would be a cheap and yet effective health care service.

So what are the drawbacks of this low cost health insurance?

Well, you would have to give up a few conveniences like being able to visit your neighborhood doctor. And you will also have to travel a long distance to the central health care facility. You might also end up spending a little more time than you would with a fee for service type of health care.

About the Author

For help in selecting the right type of [health insurance](#) for you and your family, visit Insurancecaredirect. Here you can also get details on [low cost health insurance](#) which might interest you.

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