



Healthcare can be complicated and at times, overwhelming. From finding a provider you trust, to ensuring you won't be surprised by big medical bills, there is a lot to consider. Here are a few tips to help you get started:

- Look for providers who are in-network, have office hours and locations convenient for you, and focus their area of care on what you need.
- Make sure your provider is in-network to avoid high out-of-pocket expenses. If they need to have lab work done on your behalf, be sure they work with in-network labs.
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