



## LifeSmarts U - Day 2 - Managing Healthcare Costs

### Lesson Description:

Day 2 of our lesson on Managing Healthcare Costs focuses on empowering students with the knowledge and tools to navigate the complexities of healthcare billing, understand insurance claims, and prevent medical debt. Through interactive discussions, real-life scenarios, and practical activities, students will learn how to read and understand medical bills and Explanation of Benefits (EOB), identify common billing errors, and explore strategies for effectively managing and reducing healthcare expenses. This lesson aims to demystify the medical billing process, highlighting the importance of vigilance and informed decision-making in managing personal healthcare costs.

### Lesson Objective:

The objective of this lesson is to equip students with the critical skills necessary to manage healthcare costs effectively, identify and resolve billing errors, and make informed decisions regarding their healthcare. Students will gain insights into navigating insurance policies, the significance of staying within insurance networks, and the options available for negotiating medical bills and payment plans. By the end of the lesson, students will be more confident in their ability to advocate for themselves within the healthcare system, ensuring they can access needed care without incurring unnecessary debt.

### Materials:

- Vocabulary List (**Print for Reference**)
- Presentation w/ Speaker Notes (available in Powerpoint and Google Slides formats)
- Activity - "Medical Insurance Math" (**Print Worksheet**)
- Activity - Role Play: "Negotiating a Medical Bill" (**Watch Video**)(**Print Worksheet**)
- Activity - Writing: Appeal an Insurance Decision (**Print Worksheet**)
- Activity - Critical Thinking: Why Americans Have So Much Medical Debt (**Watch Video & Discuss**)
- More to Know - "How to Read an Explanation of Benefits" (**Optional - Handout**)

### Steps:

1. Begin with the short PowerPoint/Google Slides presentation that breaks down the medical billing process, highlighting how to read bills and EOBs, spot common errors, and strategies for managing healthcare costs effectively.
2. Review the Vocabulary list for any terms students might not know.
3. The activity "Medical Insurance Math" allows students to get hands-on with real-life scenarios, calculating costs, and making smart decisions about healthcare spending.
4. Dive into "Negotiating a Medical Bill" through a role-play activity, where students practice conversations with healthcare providers to understand and influence their medical bills.
5. The third activity teaches students how to write an effective insurance appeal letter, guiding students through the process of challenging an insurance decision they believe to be incorrect.
6. Finally, engage in a critical thinking activity about the factors leading to medical debt in the U.S., examining how unexpected health issues and systemic problems contribute to financial challenges for many Americans.