

# SO THIS IS WHAT EMPOWERMENT FEELS LIKE



Would you like to know what your doctor's visit is going to be like **BEFORE** your visit... instead of **AFTER**?

At Tufts Health Plan, we think you should know what to expect. Our health care search tool on [mytuftshealthplan.com](http://mytuftshealthplan.com) can help you plan ahead.

**Simply log on to [mytuftshealthplan.com](http://mytuftshealthplan.com) to:**

- + Find doctors and hospitals who are in your network and nearby
- + Get estimated costs for your procedures and services
- + Check your out-of-pocket cost estimates for procedures--based on **your** health benefits
- + Shop and compare the services, costs AND time lines to expect during a treatment of care, from diagnoses through follow-up

Whether you're looking for a new primary doctor, a specialist, the cost of a procedure, or the big picture of a procedure—such as repairing a torn ACL, treating kidney stones or having a baby—go to [mytuftshealthplan.com](http://mytuftshealthplan.com) and Search for a Provider to plan ahead and find affordable and quality care.

[Log on to mytuftshealthplan.com to get started](http://mytuftshealthplan.com)

