



HEALTH INSURANCE 101 VIDEOS

Everything you need to know about how insurance works



Find out how health insurance works with our series of educational videos. Get an understanding of who pays what, how provider networks save you money, what to consider when comparing plans and much more.

[What is health insurance ►](#)

Our six-part Health Insurance 101 series explains how insurance works, starting with the first video, which answers the question: What is health insurance?

[Understanding cost-sharing terms ►](#)

What's a premium, deductible, copay or coinsurance? This video explains terms to know when it comes to your out-of-pocket health care expenses.

[Know your network ►](#)

Why is it important to see doctors in your health plan's provider network? Find out in the third video in our six-part Health Insurance 101 series.

[How to choose the right plan for you ►](#)

Learn how to compare health insurance plans and select one that fits your care needs and your budget. This video shows you examples to help guide your decision.

[Know where to go for care ►](#)

Today, there are more options than ever when it comes to getting medical care—from on-demand virtual care visits to traditional in-person visits. The fifth video in our six-part Health Insurance 101 series will help you know where to go for care.

[Why Regence ►](#)

Choosing a health insurance company is a big decision. Check out our final video to see why millions of people have chosen health coverage through Regence.



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