

# 7 Ways to Manage Medical Debt

Medical debt is one of the most common debts American's have. Ashley Piland, Family and Financial Resource Manager has created this resource of some of the best ways you can manage your medical debt.

## Don't ignore the bills



The longer you wait to address them, the larger your debt becomes. In fact, the longer they are overdue, the more interest you are charged and you can be held responsible for collection and attorneys fees.

## Verify your charges



Be sure to have an actual bill, not a statement, and compare those charges with the charges on your explanation of benefits.

Remember, there is a limited time frame to dispute charges.

## Negotiate



You may be able to negotiate a payment plan or even a settlement for the entire amount.

Be sure to know what you can afford and be sure to make your payments on-time.

## Pay it Off



If you have smaller bills, pay those off first.

If you have several small bills, ask if you can lump them together and negotiate a lower total amount.

## Make Payment Arrangements

If the charges haven't hit your credit report, many medical providers will work with you and set up payment arrangements.



## Financial Hardships

All non-profit hospitals have applications to apply for financial hardship assistance. In some instances, this can completely eliminate full medical bills.



## Pay your Child's Medical Bills

Treat your child's medical bills the same way you treat your own. They are your responsibility and won't disappear when the child becomes an adult.

