

What is an E.O.B (Explanation of Benefits)?

Now, a Health Minute.

After getting medical care, your health insurance company may send you an explanation of benefits, or EOB.

This document is not a bill. And it's different from a statement you may get from your healthcare provider.

An EOB tells you exactly what your health plan has paid for from the care you received. It shows: The date of service; A description of the care, such as lab tests or screenings; The amount your provider charged; The amount your plan paid; And the balance you may owe.

EOBs can help you keep track of your medical care and expenses. Keep them with your other health plan documents.