

Sample costs for common health care needs

CHILDREN

VACCINATIONS:

There are 11 recommended childhood immunizations including MMR, Tdap and Influenza, most of which are state-supplied and available for free at locations around the Valley. Providers may charge an administration fee.

ALSO RECOMMENDED FOR ADOLESCENTS:

Gardasil against HPV: \$185 per dose — three doses recommended, as early as age 9

Flu, sickness checkup: starts at \$99, includes visit, prescription and lab test if needed

Sport physicals: \$25-\$70 — required by schools to participate on school sports teams

Allergy test: \$13 — skin test, lab result and interpretation

X-Ray: \$44 — chest, interpretation and imaging fees

Wrist/forearm injury: \$185 — includes X-Ray, hand or wrist cast, physician fee

Stitches: \$263 — skin cut, includes procedure

Diabetes check: \$50-\$125 — lab work and physicians visit

EYECARE

Appointment: \$108

Glasses: \$135-\$600 — depending on lens type and frame cost

Contacts: \$39-\$99 in addition to original appointment, \$39-79 per contact lens box, about four boxes per year

Lasik: \$2,069 per eye — bladeless, Wavefront with IntraLase

DENTAL

Filling of small cavity: \$130

Check up, cleaning, X-rays: \$150-\$200

Tooth extraction: \$130

■ SOURCES: Dr. J'Cinda Bitters, West Valley Medical Center; Dr. Ryan Hein, Boulevard Chiropractic, Caldwell; healthcarebluebook.com; Walgreens; Amanda Schmitt, optician with Family Eyecare Specialists in Caldwell; Dr. Kim Keller of Nampa Smiles; Idaho State Dental Association Executive Director Tami Chafin

DISCLAIMER

The prices listed on this page are represent the costs for a family without insurance, or prior to billing insurance. They are samples and estimates only, gathered from healthcarebluebook.com and various local health facilities. Actual costs can vary greatly depending on the provider and the patient's needs, medical history and insurance plan.

MALE ADULT

Blood pressure check: often free at pharmacies, clinics — every five years

Cholesterol check: \$65-\$100 — healthy heart cholesterol profile, includes lab work and physicians visit, recommended every five years

Diabetes check: \$50-\$125 — lab work and physician visit

Adult tetanus: \$64

Yearly prostate check: \$185 — office call for man between ages 40 and 64

PSA blood test: \$50

Colonoscopy: In the \$1,000s — recommended age 50, every 10 years after visit

Vasectomy: \$1,003 — includes post-procedure

■ SOURCES: Dr. Donald Stritzke, Caldwell Urology; healthcarebluebook.com; Walgreens

FEMALE ADULT

Annual wellness visit: \$175-\$250 — head to toe, includes breast and pelvic exam

Pap smear: \$50-\$100 — recommended every three years, depending on family and sexual history, age

STD test: \$75-\$100 per test

STD blood work: \$100 — does not include visit

Herpes test: \$130

HIV test: \$40

Adult tetanus: \$64

Colonoscopy: In the \$1,000s — recommended age 50, every 10 years after

Mammogram: Around \$400 — recommended yearly after age 40

Menopause hormone supplements: \$25 per month, up to \$100 per month depending on situation

Birth control: As low as \$9 per month, up to \$1,000 for five-year IUD (intrauterine device)

PREGNANCY

Fetal ultrasound: \$169 — includes physician interpretation and imaging fees

Vaginal birth: \$6,111 — includes physician, hospital and anesthesia services

Cesarean birth: \$8,791 — includes physician, hospital and anesthesia services

■ SOURCES: Kristi Lynn, executive director OB/GYN Associates; Julie Stevens, CRNP with OB/GYN Associates; healthcarebluebook.com; Walgreens

'THE CANYON FAMILY' INSURANCE PLAN

Premium (employee only): \$333 per month

Family deductible: \$1,521 per year

Family out-of-pocket maximum: \$3,250 per year

Office visit: \$22 copay or 18 percent coinsurance

Hospital copay: \$246 copay or 17 percent coinsurance

Outpatient surgery: \$145 copay or 17 percent coinsurance

■ Sources: U.S. Bureau of Labor Statistics (2011), the Henry J. Kaiser Family Foundation (2011)

ELDERLY

\$3,100: Out-of-pocket expenses the average Medicare beneficiary spent on health care in 2011

9 percent of the average Idaho senior's income went toward health care in 2011

\$13,700: average annual benefits from Social Security, making up 66 percent of the typical older Idahoan's income

99 percent of older Idahoans enrolled in Medicare in 2011

■ SOURCE: Dave Irwin, AARP Idaho spokesman



► Read the ongoing Health Gap coverage at idahopress.com/health