

Rising healthcare costs are squeezing Vermonters.

Here's how everyone can make more affordable choices.



Vermont has some of the highest healthcare costs in America. This hurts everyone in our community and the well-being of our state. So, it's the perfect time to learn ways to make care more affordable. Consider these costs comparisons for common procedures:

Bone Density Study (Spine or Pelvis)	Breast Biopsy (with Imaging)	Cataract Surgery	CT Chest Scan	Gallbladder Removal	Hip Replacement	Laparoscopic Hernia Repair	MRI of Spine	Upper GI Endoscopy	Vaginal Delivery
\$913 Brattleboro Memorial Hospital	\$16,054 Brattleboro Memorial Hospital	\$9,785 Windsor Hospital	\$3,495 Dartmouth Hitchcock	\$35,057 Northeastern VT Regional Hospital	\$51,432 Northeastern VT Regional Hospital	\$30,361 Dartmouth Hitchcock	\$4,438 Brattleboro Memorial Hospital	\$7,768 North Country Hospital	\$28,912 University of VT Medical Center
\$359 Porter Hospital	\$8,262 University of VT Medical Center	\$4,806 University of VT Medical Center	\$1,396 Vermont Open Imaging	\$16,262 Springfield Hospital	\$24,642 Dartmouth Hitchcock	\$17,569 Rutland Regional Medical Center	\$2,560 Northeastern VT Regional Hospital	\$3,626 Central Vermont Medical Center	\$18,248 Brattleboro Memorial Hospital
\$64 Thomas Chittenden Health Center	\$2,597 Northwestern Medical Center	\$2,712 VT Eye Surgery and Laser Center	\$1,222 Vermont Diagnostic Imaging	\$13,293 Central VT Medical Center	\$23,558 Central VT Medical Center	\$10,761 Central VT Medical Center	\$1,410 Vermont Open Imaging	\$1,928 Green Mountain Surgery Center	\$10,135 Northwestern Medical Center

Source: Blue Cross Blue Shield Association Axis Cost Transparency Data Averages, Spring 2026. Costs include facility and provider costs.

There are many reasons for this affordability crisis and no one entity or individual can fix it. That's why our organizations continue working together to be part of the solution. We invite you to join us, take action, and explore these tips to save on your care.

Compare Where To Get Care & Save

- Costs for procedures can vary widely between hospitals, outpatient facilities, surgery and imaging centers. Knowing your options can help you save hundreds or thousands of dollars.
- Carefully consider when it's best to visit your doctor, urgent care or the emergency room. Telehealth can be a convenient, low-cost option for common health issues, including mental health support.

Know Before You Go

- For routine procedures, there is usually ample time to explore care options, understand costs, and look for savings.
- Ask for a written estimate before your procedure, so you have a clear picture of the costs beforehand. Afterward, review your itemized bill to understand the charges and confirm they are accurate.

Cut Prescription Drug Costs

- Talk to your doctor or pharmacist about options, such as generic medications instead of more costly brand name drugs.
- See if getting a 30-day, 60-day or 90-day supply of your medications can help you save.
- Compare costs and look for discount coupons on websites like ArrayRx, GoodRx, RxSaver, WellRx, SingleCare, Cost Plus Drugs, and the new federal website TrumpRx.

Review Your Health Insurance Benefits

- This Open Enrollment season is a great time to revisit your health plan's benefits, premiums, deductibles, and copays to determine what makes sense for your health needs and budget.
- When planning your care, check for "in-network" providers, which are more affordable and can help avoid unexpected expenses.

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Visit our website to get more cost comparisons, helpful tips, and free resources.

VTAffordableCare.com

More Vermonters are struggling to afford healthcare costs.

Talking with your doctor can help you save.



You trust your doctor to give you the best advice for important health care decisions. But as healthcare costs keep rising, how can you access quality care within your budget?

Many people don't know how to discuss the cost of their care and that can be an expensive, missed opportunity. Costs for the same test or procedure often vary dramatically. For example, a hip replacement costs \$51,432 at one Vermont hospital but just \$23,558 at another hospital. An MRI of the spine at one facility is \$4,438 but only \$1,410 at another nearby. Making more informed choices can save you hundreds or thousands of dollars.

By sparking more conversations across Vermont about health care affordability and price transparency, our organizations continue working together to help address this issue. We invite you to join us, speak up, and be your best advocate.

Talk with your doctor and other providers to decide together what's best for your health and your budget. Here are some key questions you can ask:

Exploring Care Options

- What treatment options are best for me to consider?
- How much will my procedure cost? And what about related follow-up care or therapies?
- Does a hospital or an outpatient center make more sense for my procedure, and how do the costs compare?
- Where are the most affordable options for my X-rays, imaging and lab tests?
- If I need to save up for my procedure, is there a reasonable timeframe to wait? Or should it not be delayed in any way?
- Can I get an estimate in writing to understand all my costs in advance?

Saving On Medications

- Is a generic drug available instead of using a more expensive brand name?
- Are prescription discounts or coupons available?
- Can getting a 30-day, 60-day or 90-day supply of routine medication help me save money?

Getting Helpful Advice

- Will my insurance cover this and can you help me confirm my potential out-of-pocket costs?
- Who can I contact to explain my bill if I have questions?
- Are there payment plans or patient financial assistance programs available for me?

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