



# Kansas Insurance Department

**Sandy Praeger**

COMMISSIONER OF INSURANCE

**FOR IMMEDIATE RELEASE**

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## **PRAEGER URGES KANSANS TO “TAKE CONTROL” OF HEALTHCARE**

*Insurance Commissioner Promotes Consumer Education Campaign*

Kansas Insurance Commissioner Sandy Praeger is initiating a consumer education program to help Kansans understand factors affecting the costs of health care and health insurance. The campaign, ***Take Control: It's Your Life; It's Your Health; It's Your Money***, provides health care consumers with tips that can help reduce the overall cost of health care without affecting quality.

“Consumers know their health insurance rates are increasing and the cost of medical care is on the rise,” said Commissioner Praeger. “We want to educate Kansans about some of the reasons costs are rising and share some strategies to help control those costs.”

Simple tips for controlling health care costs include asking about generic equivalents for prescription drugs, avoiding unnecessary diagnostic testing and asking your physician about options in treatments. Praeger reminds consumers to communicate with their health care providers. Ask questions and provide input regarding health care decisions.

“Kansas consumers should feel comfortable participating in their own health care decisions,” Praeger said. “Your doctor is the expert, but the doctor’s decisions depend on us, the patients, giving them good information.”

The Kansas Insurance Department is unveiling the ***Take Control*** campaign this week at the Kansas State Fair in Hutchinson. Fairgoers can meet with consumer assistance representatives at the fair, and take home brochures with additional health care information. ***Take Control*** information is also available on the Department’s web site at [www.ksinsurance.org](http://www.ksinsurance.org).

Commissioner Praeger will kick off the ***Take Control*** campaign at the State Fair in Hutchinson on Wednesday, September 10. Information about ***Take Control*** will be available on the Department’s web site at [www.ksinsurance.org](http://www.ksinsurance.org). Brochures about the campaign are also available by calling the toll-free Consumer Hotline at 1-800-432-2484.

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