**Navigating Your Health Plan: A Guide to Your EOB**

**Tags and Teasers**

**Article:**

An Explanation of Benefits (EOB) is generated when your provider submits a claim for the services you received. The insurance company sends you EOBs to help make clear the cost of the care you received. Read our latest article to learn how EOBs work and why they are a valuable resource.

**Video:**

1 in 3 people feel confused and frustrated after receiving an Explanation of Benefits (EOB) because they don’t understand what it is or how to read it. Watch our latest video for tips on reading your EOB to ensure that you don’t get overcharged when your medical bill arrives.

**Infographic:**

An Explanation of Benefits (EOB) is a statement from your health insurance company that details the costs of medical services you've received, how much your plan covered, and your remaining financial responsibility, serving as a receipt of services rather than a bill.

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EOB

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