

Additional Resources/Information about counting all copays to out of pocket insurance maximums

Video that explains the complex challenge of copay accumulators.

https://www.youtube.com/watch?v=mldJ2wt5_80

Study that shows that laws protecting patient assistance programs have not impacted health insurance premiums to date.

<https://ghlf.org/copay-assistance-protection/>

News article of the study listed above when it was released in November 2022.

<https://www.businesswire.com/news/home/20221129005182/en/Global-Healthy-Living-Foundation-Launches-Free-Tool-Demonstrating-How-State-Laws-Protecting-Patient-Assistance-Programs-Impact-Health-Insurance-Premiums>

Here is link to a podcast called An Arm and a Leg – “*An Arm and a Leg* is a show about why health care costs so freaking much, and what we can (maybe) do about it.” This particular episode addresses the concept of copay accumulators and the story of one Oregonian who has struggled with this issue:

<https://armandalegshow.com/episode/swimming-with-sharks/>