

# What does that term mean?



It happens to everyone from time to time. We hear a medical or health plan term that we just don't understand. That's more than frustrating. It can get in the way of making more informed decisions about your health and benefits.

That's why we created the [Just Plain Clear®](#) glossary. This easy-to-use online tool is filled with thousands of medical and health plan terms and phrases. Each one is presented in clear and simple language. And they are all available in both English and Spanish.

Take a look at the top three terms and definitions that are most often viewed:

- 1 **Co-payment:** A fixed amount you pay for a covered health care service.
- 2 **Deductible:** The amount you owe for covered health care services before your health plan begins to pay.
- 3 **EOB:** Short for *explanation of benefits*. It's a statement that gives details about the amount your health plan paid for covered services

— and how much money still needs to be paid.  
What terms are you curious about? Macula? Co-insurance?  
Sigmoidoscopy? Dependent? These and thousands more are just a click  
away in [Just Plain Clear](#).

Be sure to share this resource with family and friends. Because  
understanding health and health benefits is so important to us, [Just Plain  
Clear](#) is available to everyone.