

Compare Two Treatment Estimates

Use the same period and list the same services for both options. Ask for a written estimate. Complete only the rows that apply; put “unconfirmed” in any unanswered box. Use the Additional Treatment–Cost Notes sheet for longer answers.

Keep completed notes private. Use short notes in each box; continue on another copy or separate paper when needed. Save the completed PDF on your device and reopen it to check your notes before closing.

Fictional planning example. These numbers are invented to show the comparison method; they are not typical prices, provider quotes or insurance estimates.

Worked Example: Why Two Quotes Are Not Yet Comparable

Question	Program A	Program B
Quoted period	One week	One week
Program estimate	\$600	\$500
Medical visit	Included in quote	Separate; price unconfirmed
Medicine and laboratory costs	Unconfirmed	Unconfirmed
Insurance / personal cost	Not yet checked	Not yet checked

The \$500 quote does not yet establish the lower total cost. Next question for Program B: “What will the separate visit cost?” Ask both programs about the remaining unknowns before comparing totals.

Program name and contact

Program A

Record the answer and who confirmed it. Leave missing answers unconfirmed.

Program B

Record the answer and who confirmed it. Leave missing answers unconfirmed.

Quote date and period covered

Program A

Record the answer and who confirmed it. Leave missing answers unconfirmed.

Program B

Record the answer and who confirmed it. Leave missing answers unconfirmed.

Services included in the quote

Program A

Record the answer and who confirmed it. Leave missing answers unconfirmed.

Program B

Record the answer and who confirmed it. Leave missing answers unconfirmed.

Services billed separately

Program A

Record the answer and who confirmed it. Leave missing answers unconfirmed.

Program B

Record the answer and who confirmed it. Leave missing answers unconfirmed.

Estimate before insurance

Program A

Record the answer and who confirmed it. Leave missing answers unconfirmed.

Program B

Record the answer and who confirmed it. Leave missing answers unconfirmed.

Your plan's answer / reference

Program A

Record the answer and who confirmed it. Leave missing answers unconfirmed.

Program B

Record the answer and who confirmed it. Leave missing answers unconfirmed.

Estimated personal cost and basis

Program A

Record the answer and who confirmed it. Leave missing answers unconfirmed.

Program B

Record the answer and who confirmed it. Leave missing answers unconfirmed.

Still unconfirmed / who will check

Program A

Record the answer and who confirmed it. Leave missing answers unconfirmed.

Program B

Record the answer and who confirmed it. Leave missing answers unconfirmed.

Compare the care as well as the price

A matching price does not mean matching services. Use the Finding Treatment Starter Pack to compare assessment, available care and practical fit. [1] [3]

Additional Treatment-Cost Notes

Keep longer answers here and label each with the program, question and date. If you need more room, print another copy of this sheet or keep a separate private note.

Longer answer or explanation

Program / question / date, followed by the details you need to keep.

Another answer or comparison

Label the provider and question so you can match this to your comparison sheet.

Still unconfirmed and next contact

What needs checking, who can answer and how you will follow up.

Save a copy before closing

Save your completed PDF on your own device, then reopen it to check that your notes are still there. Keep completed files private. For longer answers, use another copy of this sheet.

Sources

[1] NIAAA: Costs and insurance

<https://alcoholtreatment.niaaa.nih.gov/what-to-know/costs-and-insurance>

[2] NIAAA: Questions for treatment programs

<https://alcoholtreatment.niaaa.nih.gov/how-to-find-alcohol-treatment/10-questions-for-alcohol-treatment-programs>

[3] SAMHSA: Choosing quality treatment

<https://www.samhsa.gov/find-support/learn-about-treatment/finding-quality-treatment>