Additionally, the Affordable Care Act introduced cost-reduction strategies aimed at transforming the healthcare payment model through the promotion of value-based care and the establishment of health insurance exchanges. Value-based care shifts the focus from quantity to quality, incentivizing providers to improve patient outcomes while reducing unnecessary procedures and hospital readmissions, which directly contributes to cost savings (Ref-u486032). Furthermore, the creation of health insurance exchanges under the ACA played a crucial role in stimulating competition among insurers, thereby driving down premiums and increasing affordability. These exchanges offered a marketplace where consumers could compare and purchase insurance plans, benefiting from subsidies that reduced financial burdens, as evidenced by significant reductions in consumer bankruptcies and delinquent debts (Ref-u486032). Collectively, these strategies not only sought to make healthcare more affordable but also aimed to enhance the financial stability of individuals by mitigating the risk of medical debt.