

Getting the Most Out of Your Health Benefits

Overview/Description

The simple answer is all about educating yourself on what your health plan offers. Do not wait until we get sick or injured before understand your benefits provided. Investing time in understanding the options of your plan is investing money in family. It is up to you to take advantage of all your plans have to offer. The main function is to keep you healthy and to avoid all catastrophic risk.

Target Audience

Anyone interested in educating themselves on what their health plan offers.

Expected Duration

45-60 minutes

Workshop Objectives

At the end of this workshop, you will be able to:

Define “understanding”

- Know the valuable options and incentives your health insurance offers
- Get the most out of your money
- Know how to potentially lower your costs over the long term
- Understanding the difference between an in-network provider and a non-network provider

Describe steps to increase your understanding, including:

- Evaluate the plan best for you
- Stay educated
- Visit your website to know all the benefits you are entitled to
- Stay smart and stay healthy