

# National Financial Literacy Month: Tips to Save on Health Care Expenses

## Get Well

*More and more employers are offering wellness programs, some with financial incentives.<sup>1</sup>*

## Supplement Your Health Plan

*Consider adding dental and vision plans, which can protect your family from head-to-toe.*

## Learn the Lingo

*Visit the [justplainclear.com](https://www.justplainclear.com) glossary to learn more.<sup>2</sup>*

## Start Saving

*More employers are offering health plans that include a Health Savings Account (HSA) option.*

## Select the Right Setting for Care

*Urgent and convenience care clinics are often more cost-effective and offer shorter wait-times.*



<sup>1</sup> Society for Human Resource Management

<sup>2</sup> UnitedHealthcare Consumer Sentiment Survey