

GET READY TO SIGN UP FOR BENEFITS

One of the best ways to protect your health—physical, mental, and financial—is by having the right health plan and making the most of your benefits. Since it's almost open enrollment, take time now to ask questions and learn about the benefits being offered.

3 questions to consider

If you have a choice of health plans, these tips can help you decide between them:

1. Do you prefer to pay less in premiums each month in exchange for paying more for medical services?

Consider what works best for your budget—paying a predictable premium each month or paying more out-of-pocket when you use medical services. A plan with lower premiums and a higher deductible may be a good choice if your overall health is good, you don't expect to use many services, and you have enough saved to pay the deductible, just in case.

2. Do you have ongoing health issues or expect to need more care this year?

You may want a plan that covers more of your medical bills if you expect to use a lot of services. These plans often charge higher monthly premiums, but you will likely pay less each time you receive healthcare.

3. Are you paying for a bigger network than you need?

A plan with a national network of doctors and hospitals often costs more than a plan with a local or regional network.

Unless you have a big change in your life such as getting married or having a child, open enrollment is your one chance this year to sign up for health insurance. Don't miss it!