

## Health Insurance Protects and Provides for You and Your Family

Being physically and financially healthy is important for you and your family. Health insurance is a way to manage and reduce the risk of getting sick and becoming injured as well as provide greater income security. Health insurance gives you access to preventive services like screenings and check-ups that are helpful if you develop a chronic condition or become injured. If a health problem happens, the results can be costly. Health insurance helps reduce and manage risks, especially the financial one.

### ***Provides peace of mind***

Having insurance protects you against conditions and ailments that we cannot plan and prepare for. Although there are many things you can do to maintain good health, sometimes you need health care. This care can help keep you from getting sick or help you get better when you are sick or injured. Medical care can be expensive, so having health insurance can help you get and pay for the care you need. Health insurance coverage helps to limit out-of-pocket medical expenses and provides peace of mind to you and your family.

### ***Protects your family's financial future***

Having health insurance helps protect your financial future. Many Americans struggle to pay their medical bills. In fact, medical expenses are the leading cause of bankruptcy for American families. Sometimes, families go into bankruptcy because they cannot pay all their bills. In 2013, three out of five bankruptcies were due to medical bills. Medical bills can completely overwhelm a family when illness or injury strikes but health insurance can help pay costs and protect you from high medical expenses.

### ***Health and wellness services and programs***

Many health insurance plans offer services and programs to help keep you healthy. In addition to annual wellness visits, some plans offer benefits such as personal wellness coaching, healthy pregnancy programs, gym membership discounts, nutrition counseling, online seminars and webinars, checklists, tools and calculators. If you take advantage of these services and programs, you will likely save money over time.

### ***Better health outcomes***

Having health insurance can lead to better health outcomes. If you and your family have adequate insurance coverage, based on your health care needs and wants; and use your health insurance as intended, you will likely have better overall health. Taking advantage of preventive services, such as immunizations, etc., may prevent illness, like the flu or measles, and may reduce the cost of sick care. In addition, you could access chronic disease management programs that could help you better live with illness and potentially improve the quality of your life. By using your insurance as it is intended, you and your family will likely be healthier to attend work and school. The overall wellness – including physical, financial and occupational health – of your family will be improved.

### **References**

- Altman, D. (2015). Kaiser Family Foundation. Retrieved from <http://kff.org/health-costs/perspective/why-consumer-issues-are-rising-on-the-health-agenda/>
- Bovbjerg, R., & Hadley, J. (2007). Why Health Insurance is Important. Urban Institute.
- Braun, B., Brown, V., Little, L., McCoy, T., Pippidis, M., Russell, M. (2013). Curriculum Co-Authors. Smart Choice Health Insurance®. College Park, MD: University of Maryland Extension: Retrieved from [extension.umd.edu](http://extension.umd.edu)
- Nerdwallet Health finds Medical Bankruptcy accounts for majority of personal bankruptcies. Retrieved from <http://www.nerdwallet.com/blog/health/2014/03/26/medical-bankruptcy>