

A simple resource for health benefits and financial planning

PlanforYourHealth.com

Career. Marriage. Parenthood. Children in college. Retirement. Life's changes are constant, and sometimes unexpected. Staying ahead takes a personal plan that recognizes that your health care needs change, and adapts to those changes. It's not just about going to the doctor to stay healthy — it's about making the right decisions to protect your health and your wallet today and in the future.

PlanforYourHealth.com is a joint initiative between Aetna and the Financial Planning Association to help get you started! You'll get the information you need to make health and financial decisions that protect you today and tomorrow.

The real world

From landing your first job to considering a new offer, PlanforYourHealth.com can help you make smart career choices and choose benefits suited to your needs. You can:

- Learn the basics of health benefits and health insurance plans so you're prepared for your first job search
- Compare your current health benefits to those offered by a new employer
- Consider other valuable "add-ons" to your health benefits, like dental insurance, prescription drug plans, special discounts and Flexible Spending Accounts
- Make good health benefits and financial decisions in the event of a layoff

"I do"

Ready to tie the knot? Recently wed? PlanforYourHealth.com can help you compare health benefits with your spouse and choose the right benefits for your new family budget. You can also explore helpful tools — like a marriage benefits checklist — to get more from your benefits plan.

Your online source for health benefits and financial information.



Baby on board!

You're expecting! Baby-proofing your health insurance is just as important as baby-proofing your home. That's where PlanforYourHealth.com comes in.

You'll learn the costs of doctor visits, get help finding a pediatrician, take a benefits checkup to ensure a healthy family, and more. You can even explore consumer-directed plans that are ideal for you and your family, like Flexible Spending Accounts that let you use pretax money to save on medical and child care costs.

PlanforYourHealth

FPA
THE FINANCIAL
PLANNING
ASSOCIATION

A public education
program from

Aetna

Living single

Starting over is one of life's great challenges. An empty nest, divorce or the death of a spouse are a time for personal and financial reflection.

Let PlanforYourHealth.com show you how to:

- Prepare a budget for your college-bound kids that includes health benefits
- Consider which parent should list your children on their health plan
- Find appropriate and affordable health benefits after losing a spouse
- Review your long-term health care needs
- Extend your group insurance coverage under COBRA

It's time to go fishin'

The retirement years are a time to reap your career's rewards. It's also a time to reconsider your health care needs and to understand that taking care of your health is the best long-term investment you'll make.

Visit PlanforYourHealth.com to:

- Plan for your financial security — even before you retire
- Understand your benefits options as you near Medicare eligibility at 65
- Consider the importance of supplemental health insurance coverage
- Determine the value of long-term care insurance while you are still healthy

Visit www.PlanforYourHealth.com today! In 5 minutes you can learn the basics with "Health Insurance 101" and other helpful guides. In 15 minutes, you can use interactive tools to estimate your health expenses and learn how to choose appropriate health benefits. It's a great way to protect today and jump-start your plan for tomorrow.

