



April Newsletter

Well-Being For Your Wallet

Health care plans with high out-of-pocket costs for deductibles, coinsurance and co-payments **are threatening your personal finances**. Employers are struggling to provide plans and you, as the consumer, are being asked to participate in ways your parents and grandparents would never have considered. Here are some ideas to help you take charge.

- **Be proactive about your health.** Maintain a healthy lifestyle based on nutrient-dense foods and regular exercise. Schedule regular annual physicals.
- **Seek the appropriate level of service.** Use emergency rooms for emergencies only. Recognize the services and savings of using walk-in medical clinics when you need a nurse practitioner or physician's assistant. Visit your doctor's office when you need the services of an MD.
- **Slow the pace of out of pocket expenses.** Shop around for specialty outpatient service providers. This concept is new for most of us but you do have options and are not required to use your doctor's referral.
- **Consider using a Patient or Health Care Billing Advocate.** Be wary of paying for services upfront. Advocates can be hired to review bills and negotiate lower prices for service already received. Family members can help evaluate a care plan.

Learn more about Health Care Advocates: www.nerdwallet.com/blog/health/managing-medical-bills/patient-advocates-medical-billing-advocates/

Well-Being For Your Body

Build experiences over stuff. Consider the benefits of building experiences versus materialist tendencies to own stuff. Research into the Easterlin Paradox shows that money does buy happiness, but only up to a point.

- Do what you can to build experiences, and fill your life with experiences that are appropriate for your means.



- **Experiences form a big part of our identity.** The excitement of owning physical goods diminishes over time as we normalize their value, but satisfaction with experiences tends to increase over time.
- “Keeping up with the Jones” becomes less important when experiences are evaluated on your terms and less susceptible to social comparison.
- **Build an experience library** by compiling your photos and videos in monthly albums. Refer to them for creative ideas. Use cloud storage to house your experience library.

Read more: <https://www.fastcompany.com/3043858/the-science-of-why-you-should-spend-your-money-on-experiences-not-thing>

Well-Being for Your Brain

Physical activity has many benefits for your mind and body. Beyond toned muscles and youthful features, taking care of your body and health has many wonderful positive effects.

- The simple act of **doing something healthy** and productive for yourself **can ramp up your self-esteem.**
- Work out for 30 minutes at least three times a week to **ward off depression and anxiety.** It can also help slow the aging process.
- Regular exercise reduces fatigue and improves energy. A **consistent training regimen supplies stamina and a 'can-do' attitude** to tackle your job and private life with more zest and vigor.

Need more reasons to start a fitness plan? Here are 31:

<http://www.builtlean.com/2010/10/19/31-reasons-get-in-shape-and-exercise>

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