



Health Topic Emails

FINANCIAL HEALTH

How to use this email:

Copy and paste this content into an email and share these resources to help set up your employees on a path to financial wellness.

Subject Line

Tips to nurture your financial health

Headline

Financial health feeds your overall wellness

Body

With more than three-quarters of Americans anxious about finances,¹ it's important to understand your health care costs. Use these tips to explore your health care needs, budget, and expectations.

Here are some tips to help you get started.

- [Find out about health plan costs](#) including deductibles, copays, coinsurance, and out-of-pocket costs.
- [Learn the basics of health insurance](#) like how to choose affordable coverage and how health plans work.
- [See why financial health is important](#) and join the conversation about financial wellness.

Set yourself up for financial wellness, today and into the future. Get started on your [path to financial wellness](#).

Footnotes

¹Capital One and The Decision Lab survey, January 14, 2021.