



## Financial health feeds your wellness

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



### Understand your costs

Find out about health plan costs and how much you'll pay for deductibles, copays, coinsurance, out-of-pocket costs, and more.



### Choose your health plan

Learn the basics of health insurance like how to choose affordable coverage, how health plans work, and what's included.



### Stay financially healthy

See why financial health is important and read the conversation about financial wellness in America.



Scan the QR code or visit [kp.org/financialhealth](https://kp.org/financialhealth) to start your path to financial wellness.

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

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 1300 SW 27th St., Renton, WA 98057