

Plan For Your Health

Plan For Your Health and Planifique Para Su Salud Offers Health Benefits Guidance

At key times in life, whether its graduation, marriage, starting and raising a family or entering retirement, it's important to make health benefit decisions a key part of any overall financial plan. To help individuals and families navigate life's transitions, Aetna and the Financial Planning Association have teamed up to offer a wealth of health benefits information at www.planforyourhealth.com, and in Spanish at www.planifiqueparasusalud.com.

[Planforyourhealth.com](http://www.planforyourhealth.com) and [planifiqueparasusalud.com](http://www.planifiqueparasusalud.com) deliver content that illustrates why it is so important for people to better understand their health and personal finance options and plan ahead.

The multitude of topics explored on these sites include:

- Guidance for new parents managing the health and finances of a growing family during these challenging times.
- Tips for "empty nesters" seeking a healthy and secure retirement.
- Health benefits advice for recent college graduates now entering the workforce.
- And much more.

In addition to offering "big picture" information, [planforyourhealth.com](http://www.planforyourhealth.com) and [planifiqueparasusalud.com](http://www.planifiqueparasusalud.com) also feature helpful resources to manage everyday events that can impact health and finances.

For instance, who hasn't left a doctor's office wishing things had been explained more clearly, or remembered a question they meant to ask after it was too late? Furthermore, for those individuals who speak English as a second language, doctor's visits can sometimes become mired in communication difficulties. www.Planforyourhealth.com/talk and www.planifiqueparasusalud.com/hable feature tips on exactly how to avoid these issues and maximize a doctor visit.

With useful content and interactive tools, individuals can rely on [planforyourhealth.com](http://www.planforyourhealth.com) and [planifiqueparasusalud.com](http://www.planifiqueparasusalud.com) to provide them with the information needed to make health benefits and financial choices that meet the needs of today and tomorrow.