



EFFECTIVELY MANAGING HEALTHCARE COSTS DURING RETIREMENT

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Healthcare costs may be one of the largest expenses people may face during retirement. According to an article from Fidelity posted on April 18, 2018, the average couple can expect to spend \$280,000 in healthcare costs during their retirement. This is expected to increase next year and each subsequent year. There are a number of strategies retirees can take to save on these costs during retirement.

CONSIDER INSURANCE ENROLLMENT

- Various types of insurance available to help reduce healthcare costs
 - Medicare
 - Dental insurance
 - Long-term care insurance (LTC)
 - Employer sponsored healthcare

UNDERSTANDING POLICY COVERAGE

- There is a misconception that Medicare will cover all needs and is free.
- Understand insurance benefits for medical and pharmacy as well as premiums, deductibles and copays.
- Get familiar with what is covered and know what pharmacies are in-network. Mail order pharmacies may be beneficial.
- Review coverage every year as policies change with regards to prescription coverage, participating providers, premiums, and other plan details.

OPEN A HEALTHCARE SAVINGS ACCOUNT

- Account dedicated for healthcare savings, separate from other retirement money.
- Health savings accounts (HSA) are available for those interested with high deductible plans. They have a triple tax advantage.

MAINTAIN GOOD HEALTH

- Having poor health can cost about \$1,700 a year or more on out-of-pocket medical expenses than someone in good health.
- Get plenty of sleep, exercise and eat well.
- Seek out preventative health services, including vaccines.
- Be social with others and get together with friends and family. Socialization is critical to maintaining good health.
- Managing chronic conditions from the front end will help avoid larger bills in the future.

LONG-TERM FINANCIAL PLANNING

- Seek professional financial advising regularly that is comprehensive to include healthcare considerations.
- High income taxpayers can expect to have higher Medicare Part B and D premiums. Financial advisors can help develop strategies to manage costs.
- Family and loved ones are great resources to help with grocery shopping, transportation and other services.
- Consider a healthcare proxy and get legal and financial forms in place with regards to advanced care planning. This will save time and money.

Other Tips To Consider:

Borrow Medical Equipment

If medical equipment is needed for a short time, consider lending programs that lend wheelchairs, walkers, crutches, etc. at little to no cost.

Reduce Risk Of Falling

According to the CDC, more than one out of four elderly people fall every year. Be aware of fall hazards and take precaution by making repairs and adding safety features.

Review Medications

Speak with your physician regarding your medications to see if doses may need to be adjusted or switched, which may help you save money.



PLEASE LIST THE NAMES OF 5 CLIENTS THAT COULD BENEFIT FROM THIS PROGRAM:

Name

Phone #

1) _____

2) _____

3) _____

4) _____

5) _____
