

FEHB HEALTH TOOL KIT

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FEHB HEALTH TOOLKIT OVERVIEW

Your health and wellness affect all aspects of your life, including your family and your finances. Effective, thorough, and safe health care extends beyond simply going to the doctor when you are sick or taking the right medication. From asking the right questions of your health care providers, to figuring out the best ways to stay healthy and avoid those trips to the doctor, there are things you can do to take control of your health care.

The Health Toolkit is a resource to help you do just that. The Health Toolkit is divided into four sections that combine to provide you with ideas and resources you can use to make the most out of your health benefits.



KEYS TO SELECTION

With so many choices available, selecting a health care plan can be challenging, and we may not devote the time and research required for such an important decision. The Keys to Selection section of the Health Toolkit contains information to help you make sense of the plans being offered to you so that you can make the right decision for you and your family at different points throughout your career. Reference sheets in this section include:

- **Understanding Medical Plan Types and Terminology** - Simple definitions for the factors you need to consider when choosing a plan

- **Plan Comparison Tools for Medical, Dental, Vision** - Provides access to Medical Cost Calculator and Comparison Module to help you make the best choices
- **Life Events and Your Benefit Choices** - Explains qualifying life events and how these events affect your health care needs and options

KEYS TO YOUR MEDICAL PLAN

Making an informed decision about your medical plan is a good first step toward receiving health care that is best suited to you and your family. But your research and focus should not end there. The *Keys to Your Medical Plan* section of the Health Toolkit contains information about connecting valuable health plan services with patient safety and consumerism. Reference sheets in this section include:

- **Taking Advantage of Preventive Care and Networks** - Explains the extra benefits within your medical plan
- **Keeping Track of Your Medical Expenses** - Provides tips on how to track your health care expenses with an easy to use tracking worksheet
- **Playing It Safe With Your Health** - Tips on how to keep your doctors and pharmacist informed of the condition of your health

KEYS TO QUALITY CARE

Finding medical providers you trust and feel comfortable with can take some time. The *Keys to Quality Care* section of the Health Toolkit provides ideas you can use to help ensure you and your family receive quality health care. Reference sheets in this section include:

- **Asking Your Doctor the Right Questions** - Guides you through developing the right questions to ask your doctor
- **The Value of a Medical Record** - Helps you create a system to organize and keep track of your medical history
- **Quality Comparison Tools** - Provides resources to help you ensure that you are receiving the highest quality health care

KEYS TO WELLNESS

Wellness is about both your body and your mind. Understanding strategies for keeping your body and mind healthy will help you develop your own personalized wellness plan.

The *Keys to Wellness* section of the Health Toolkit includes articles and resources to help you track, maintain, and improve your overall health and wellness. Reference sheets in this section include:

- **EAP Wellness Resources** - Explains how the EAP can help you stay healthy in addition to its normal functions