



How can I add value to my spending on health care?

First, thank you for being a client, friend, neighbor or acquaintance. I've been thinking about you lately – specifically how I can help you.

- Are you paying too much for doctor visits, prescriptions, deductibles or other health care needs?
- Do you need to make a doctor's visit for mental or physical health, eye care or a dental check-up?

Please let me know so I can offer ideas and advice on getting the most out of your current healthcare plan. Why do I do this?

Comprehensive care and wellness

Since 2008, my vision has been to combine wellness, including physical fitness, into retirement planning. I opened Grand Hall Studio in a wonderful historic building in Farmington where we hold events that incorporate light exercise into social events. To meet city codes, investments were made, and today you can attend church services there.

During that time, I realized that some people who were nearing retirement age lacked knowledge of how to care for themselves with respect to their weight and diet. Generally, retirement affords people time and disposable income for self-care and overall fitness. This is a perfect time to make your mind and body the priority and invest in your golden years of wellness. Drugs and medical procedures are expensive and often address only the symptoms, not the underlying cause of illness and discomfort. Why not get together with others who have common interests and goals for improving their attitude toward healthy habits?

What can I do to optimize my health care choices?

Lifestyle Advisors are independent agents offering a variety of insurance and non-insurance solutions for your health care needs. What is the best strategy? Our website provides information on several options to consider, including:

- Insurance carriers
- Cost-sharing memberships
- Medicare
- Bridging the Gap
- Individual, Self-Employed and Small Businesses
- Early retirement products
- Affordable Care Act services
- Health Savings Accounts

Whatever category you fit in, we offer strategies that help you minimize your spending and optimize the value of your health care choices. Our goal is to show you how to use these assets wisely and regain control of your wellness and medical expenses.

We know how it works, let us work for you!

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