



## Smart Choice Health Insurance Basics and Actions HOW TO SELECT AND USE YOUR PLAN

Confused about which health insurance plan is best for your family? Or perhaps you want to know how to maximize the value of your health insurance.

You'll learn how to be a smart health insurance consumer, whether choosing a policy or making wise use of the features of that policy.

- Compare health policies to meet your needs
- Understand key health insurance terms and concepts
- Understand coverage and out-of-pocket costs
- Take steps to keep your costs low
- Evaluate your statements and solve coverage problems
- Plan for future costs

**Pre-Register 24 Hours ahead at:**

[www.extension.iastate.edu/humansciences/smart-choice](http://www.extension.iastate.edu/humansciences/smart-choice)

**Questions?** [Schmitt@iastate.edu](mailto:Schmitt@iastate.edu) or 641.512.0650

**Four Options!**  
All on-line, all Free!

**Smart Choice:**  
Choosing your policy

Thursday Nov 19, 6-7 p.m.

Tuesday Dec 1, 6-7 p.m.

**Smart Use:**  
Smart actions for *using*  
your health insurance

Monday Nov 2, 6-7 p.m.

Tuesday Dec 8, 6-7 p.m.

**Pre-register today!**

Smart Choice Health Insurance® was developed by a team of experts from across the nation led by University of Maryland Extension. It is conducted locally by trained Iowa State University Extension and Outreach specialists and supported by extension councils.

**LEARN MORE: [www.extension.iastate.edu/humansciences/health-insurance](http://www.extension.iastate.edu/humansciences/health-insurance)**