

5 everyday actions to help with health care costs

If you're stressed about managing medical bills, you're not alone.

Here are 5 tips that may help ease the burden when trying to keep yourself and your family healthy.

Get the tips



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An illustration of a woman with long brown hair, wearing a green sweater and dark pants, sitting on a teal sofa. Her right leg is in a white cast. To her left is a teal side table with a potted plant and books. On the wall behind her are two framed line graphs showing upward trends. A large white box with a blue border contains the text '28% of consumers said they have difficulty paying their health care bills.*'.

28% of consumers said they have **difficulty paying their health care bills.***

*Fidelity Health Thought Leadership, Paying for Health Care: How Employers Can Better Support Their Employees' Health Spending, 2022,

https://www.fidelityworkplace.com/s/page-resource?cid=paying_for_health_care

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