

Tips:

- If you wish to learn more about ways to stay healthy, contact your local UW-Extension Office or attend workshops offered by the Extension Nutrition Education Program.
- Keep these phone numbers handy, to check on health screenings, immunizations, nutrition, and other health issues:

Doctor _____

Dentist _____

Pharmacy _____

Public Nursing _____

WIC _____

Senior Meal Sites _____

Health Insurance _____

Human Services _____

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COOPERATIVE
EXTENSION

Family Living Programs

MM11: Stay Healthy...on Any Budget



Afford Healthy Food Choices with DOLLAR SENSE

How can we get the most for our health care money?

There are three basic steps to keeping health care costs down.

1. Make wise health care decisions.

- Find out about all health care benefits you are entitled to.
- Ask doctor or pharmacist if generic brands are available for medicines.
- Compare over the counter medicines for the best buy.
- Ask questions about medical tests and treatments. *How much will it cost? Is it necessary?*
- Have the children immunized. Check on free clinics in your area.



- Get regular medical, dental and vision check ups. Check with your local health department for free or low cost check-ups or screening clinics.

2. Work at staying healthy.

- Set a good example for your kids by taking care of yourself.
- Exercise as a family.
- Work to reduce stress.
- Get plenty of rest.

3. Feed your family well for good health.

- Plan and fix healthy, balanced meals
- Find out if you are eligible for food stamps, free or reduced-price school lunch and breakfast, WIC, Healthy Start, senior meals or other food programs.
- Limit fats in your diet.
- Increase fruits, vegetables and grains.