



Too expensive to stay healthy: What are my Options?

New research highlights an 'alarming link' between the rising costs of living and declining health across the UK population. The protection industry can have a positive influence, providing the tools to help you manage your health in 2023.

Cost-of-living pressure

The cost-of-living pressure could trigger a global health crisis, with the current economic environment having a considerable impact on the health and wellbeing of the nation. Reports found that 45% of UK adults believe it has become too expensive to stay healthy, with 12% experiencing increased medical expenses. Research also found that 73% of 16–24-year-olds are stressed about the rising cost of staying healthy.

Protection: How it can keep you healthy

Most comprehensive protection plans can help you and your family stay healthy, despite cost-of-living pressure. Most insurance providers throughout the UK offer a variety of services, from nutrition to fitness and everything in between, helping to achieve a healthier lifestyle and reduce the risk of illness.

Additional added-value benefits, such as second medical opinions, health checks and gym membership discounts, can keep you healthy throughout the current economic crisis.

Protection plans can also improve your mental health, so it's crucial to make the most of the support available to you. Many people don't utilise their cover, so it's worth checking the added-value benefits available to you whether you already have a plan or if you are looking for one.

Time to take action

It's never too late to protect you and your family. The earlier you start looking at the options available to you, the sooner you can work towards building a healthy lifestyle and fight back against the cost-of-living. There's nothing more important than your physical and mental health, so what are you waiting for?

For more information, contact your adviser who can support you and discuss the options available to you.



If you'd like to discuss the options available to you, contact your adviser today.

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