



How MSA Helps

Open enrollment season is underway! With such a variety of benefit options, making the right decision can feel confusing. For some benefits, this is the only time when you can add, change, or drop coverage – unless you have a qualifying life event such as marriage, divorce, or birth of a child. Speak with an MSA Money Coach to review the pros and cons of your benefit choices. This year make well-informed, confident selections.

- Compare health insurance plans
- Protect your family and maximize employee benefits
- Leverage potential tax savings
- Evaluate possible out-of-pocket expenses
- Understand your retirement savings options
- Assess voluntary benefits and perks

My Secure Advantage

Talk to an MSA Money Coach about the financial impact of your benefit selections.

Health Insurance

Premiums, deductibles, and copays – how do they work? Typically insurance plans with low premiums are paired with higher deductibles. So while you may think it makes sense to sign up for a less expensive plan, you could end up spending more out of pocket if you use your insurance a lot. Talk with one of our coaches to understand the pros and cons of your options, then make the decision that's best for you.

Disability Insurance

This is one of the most overlooked and misunderstood benefits out there. Disability insurance replaces all or part of your income for a specified period of time if you're unable to work due to illness or injury. Short-term and long-term disability plans are typically voluntary. Review your options with a coach, get coverage and rest assured that you will have adequate income for the unexpected.

Life Insurance

It's gloomy to think about, but life insurance will pay your beneficiaries if you should die. Some employers provide life insurance to a specified limit, then you can voluntarily boost your insurance coverage and pay the required monthly premium. Be sure you know what's available to you – especially if others depend on your income for their livelihood.

Retirement Savings

Open enrollment is a great time to check your retirement benefits. Make sure you're contributing to your plan, and maximize the company match if offered; otherwise, you could be leaving free money on the table. A coach can help you understand your plan options and your risk tolerance when it comes to investments, and help keep you on track to reach your retirement goals.

Tax Savings

Health and retirement accounts often provide tax savings, so be sure to take advantage of these where you can. While assessing these options, it's also a good time to review your tax withholdings. Make sure you don't have too much or too little withheld. A coach can help you understand where you can reduce your tax liability and when it makes sense to update your W-4 form.

Perks At Work

Many employers provide access to wellness and other programs at discounted prices or even no cost. Benefits often include gym memberships, weight loss programs, tuition assistance and more. Find out what's available to you.



...health care costs, long-term care and life insurance, investing to beat inflation, creating an income stream from savings, maximizing social security benefits... As this list indicates, we had a number of sessions, [and] I came away with a better understanding of options/preferences and an improved game plan.

– MSA Member

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