Article published on August 7th 2012 | Health

When it comes to financing the unexpected, people all too often err on the side of fatalism, and regret it later. This is true for many when it comes to that all-important thing: our own health. Where you might remember to budget for Christmas presents for loved ones, you can too easily forget to prioritise your finances to take care of your own health. Despite our beloved NHS, there are everyday health costs which are not covered, and which you would be wise to include in your personal budget.

Costs such as prescription charges, dental fees and optical expenses are not entirely covered by the NHS, and most people have to meet these charges at some point during the year. That unexpected infection needing antibiotics and painkillers might put a sizeable dent in your monthly wages, whilst deteriorating eyesight and increased optical prescriptions might cause you to faint when you get your next opticians bill!

Budgetting for health makes sound financial sense, and can improve your health too. Money stresses can contribute to deterioration in your wellbeing, so being prepared for those extra costs will make a significant improvement to your general health, and also your wallet. There are a number of ways you might attend to your health costs.

The NHS offer a prepayment certificate for prescription costs, which is great if you are likely to need more than four prescriptions in three months, or more than 14 in a year. An annual certificate costs Â£104. Where one prescription is Â£7.65, someone who needs several prescriptions a month will certainly make savings, and have some assurance that these costs are prepaid.

However, the prepayment certificate does not cover optical expenses like sight tests and contact lenses, nor does it cover dental charges such as check-ups and fillings. Moreover, many people now choose to visit less conventional practitioners to support their health, such as osteopaths and acupuncturists. Such treatments can really improve your health, but may make the bank statement somewhat less healthy. A savings plan or health cash plans can be a sensible budgetting method to cover these costs.

Some people budget for their health costs with a standard savings account. Shop around for the best interest rate if you think this option might suit you. However, bear in mind that you will only be able to access the amount you have saved to cover your medical expenses. Another option to explore is a health cash plan. This works like a savings account; you stow away a little each month, however, should you need to spend more on your health costs, you may find that your cash plan covers you. Unlike private medical insurance, you do not need a medical before opening a cash plan. Explore your options, work out what's best for you, and enjoy the sense of wellbeing gained from knowing your additional health costs are covered in your personal budget.

Article Source:
http://www.articleside.com/health-articles/budgetting-for-your-health-and-wellbeing.htm - Article Side

Bgiles - About Author:
Bruce Giles a health cash planwrites for a digital marketing agency. This article has been commissioned by a client of said agency. This article is not designed to promote, but should be considered professional content.

Article Keywords:
Health cash plan, budget, medical costs,

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!