

Financial Tips to prepare before and after a medical crisis

By Heidi Frederickson

Ways to prepare before a medical crisis

- Emergency Fund
Establish a savings account of 3 to 6 months of your family's income
- Short Term disability- if you have access through your employer for short term disability take advantage of it.
- Life Insurance- Figure out
- Will

After a medical crisis- now what?

- Medical bills- review/negotiate/payment plan
- Insurance policy- review it/contact your plan provider for a dedicated case worker or point of contact
- Review your will
- Review your life insurance
- Figure out what you can liquidate- emergency fund, savings account, money market funds, (try NOT to touch retirement or take out a second mortgage)
- Ask for HELP!- contacting Community Benefit Tree for resources available for financial assistance, in kind items(food, clothing, handicap equipment, etc..), emotional or spiritual, assistance or planning an individual fundraiser or starting an individual fund for others to assist you.

Heidi Frederickson is the executive director/co-founder of Community Benefit Tree, a nonprofit organization that is here to celebrate people's lives and support them during their medical crises. We help families, friends and co-workers plan Celebration of Support events for their loved ones. Community Benefit Tree also provides education, support, resources and financial assistance for families struggling with medical crises. We have assisted with planning over 450 Celebration of Support events in the last eight years. Visit the Web site at www.communitybenefittree.org or contact them at 920.422.1919