**Benefits 101: What Is a HDHP?**

**Tags & Teasers**

**Article**

As you decide between health plans, be sure to calculate your true costs and long-term healthcare spending. Read our latest blog post to learn the pros and cons of HDHPs so you can make an educated decision.

**Video**

56% of American workers are enrolled in an HDHP. Is this type of plan good for you and your family? Watch our latest video to learn the pros and cons of HDHPs so you can make an educated decision.

**Infographic**

Healthcare is a significant part of our monthly expenses, so it’s vital to understand your options in order to choose the best healthcare plan for your needs. This infographic highlights High Deductible Health Plans (HDHPs), one of the most common types of health insurance in the US.

**Categories:**

Custom Content

Health Insurance

Healthcare Costs

**Tags:**

High Deductible Health Plan

HDHP