**Breaking Down Your Benefits: Understanding Key Terms**

**Tags and Teasers**

**Article:**

This article provides a list and explanation of the most common benefits and healthcare terms to help you better utilize your health benefits.

**Video:**

We all know how confusing and complex benefits and healthcare plans can be. To help you understand and better utilize your health benefits, we have created a list and explanation of the most common terms.

**Infographic:**

Lost in a sea of healthcare jargon? Our latest infographic breaks down the most common employee benefits terms.

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