

MANAGING YOUR MONEY



Leading Better, Healthier Lives For Less

(NAPSA)—Faced with a challenging economy, Americans are looking for new ways to save money while living healthier lives. Fortunately, it is possible to do both.

Here are a few tips to help.

- **Quit smoking.** Giving up cigarettes can not only save you the money you would spend on cigarettes, it will save you medical expenses down the road.

- **Walk when you can.** Walking a half hour every day has many health benefits.

- **Limit eating out and bring your lunch.** It's easier to eat healthy and a lot less expensive when you cook at home.

- **Brush twice a day.** See your dentist twice a year. Preventive care can save you from more expensive procedures later on.

- **Make your own cleaning supplies.** Not only are many of the cleaning supplies found in the supermarket expensive but they contain potentially harmful chemicals. You can make many cleaning solutions at home for a fraction of the cost. For example, you can clean your tub and sink with baking soda, liquid soap and water.

- **Stop buying water in plastic bottles.** Use a water filter.

- **Sign up for a prescription savings program** that offers additional benefits.

For example, the Together Rx Access® prescription savings program has a free online savings community, called TogetherONE™, through which members share tips on how to make the most of a budget, find new uses for household items and learn ways to save



Saving on everyday necessities may be easier than you imagine. A new site helps people connect, communicate and save money.

on prescription medicines, groceries and other items they may need for a healthy life.

The site finds third-party savings offers and coupons in categories that include health care, groceries, entertainment and lifestyle. Members can also submit real stories and tips for others to read.

Tips cover savings on necessities such as how to decrease home energy costs and how to save money at the supermarket. Economic “green” tips like using a lemon half to brighten aluminum pots and pans are featured. One member from Florida suggests that members “use white vinegar to clean wood and glass.”

For more information, visit www.TogetherONE.com. Information about the online community is also featured on Facebook at www.facebook.com/TogetherRxAccess, and on Twitter at <http://twitter.com/TRxA>.