



How Healthy is Your Farm?

Linking Farm Vitality and Family Health and Wealth

Farm and family finances and health are interconnected. One cannot be healthy and wealthy without the other. Every farm is different and there are many pieces that help to build a thriving farm. Have you considered how healthy your farm is and how your health plays a role? Are all the pieces in place? Rate the following on a scale of 1 (strongly disagree) to 5 (strongly agree). **Words in bold are defined on the next page.**

Strongly Disagree Strongly Agree

1. Your farm and off-farm income support the health and wellbeing of the family.	1 2 3 4 5
2. Your health insurance covers your health care needs.	1 2 3 4 5
3. You have access to health care when you need it.	1 2 3 4 5
4. You have an emergency fund to cover out-of-pocket health care expenses (copayments, coinsurance and deductible) when you need to access health care.	1 2 3 4 5
5. You sleep well at night and you are not overwhelmed.	1 2 3 4 5
6. You have a plan in place if you and/or other farm workers become ill for more than a month.	1 2 3 4 5
7. You and your family members communicate about farm and family finances and health effectively.	1 2 3 4 5
8. You have a plan to handle an unforeseen event that keeps you from continuing to farm.	1 2 3 4 5
9. You have at least one or more people you can turn to when times are tough.	1 2 3 4 5
10. Your risk management plan includes steps to be taken if a long-term illness occurs.	1 2 3 4 5
11. A farm transition/succession plan is in place in case something unexpected happens.	1 2 3 4 5
12. You have retirement savings that will help to cover health care expenses as you age.	1 2 3 4 5
13. An estate plan that includes an advanced health directive, powers of attorney and a will is in place.	1 2 3 4 5

What areas need improvement? -- What will you do first?

Important Words to Know

Terms from Item 4:

Coinsurance - Your share of the costs of a covered health care service, calculated as a percent of the allowed amount for the service.

Copayment - A fixed amount you pay for a covered health care service, usually when you get the service, and can vary based on the type of service.

Deductible - The amount you owe for health care services your health insurance or plan covers before your health insurance or plan begins to pay.

Out-of-Pocket Costs - Your expenses for medical care that are not reimbursed by insurance. Out-of-pocket costs include premiums, deductibles, coinsurance and copayments for covered services plus all costs for services that are not covered.

Terms from Item 13:

Advanced Health Directive - also known as living will, personal directive, advance directive, medical directive or advance decision, is a legal document in which you specify what actions should be taken for your health if you are no longer able to make decisions for yourself because of illness or incapacity. In the U.S., this document has a legal status in itself. It usually identifies someone who will make decisions for you if you are unable to communicate. This person is called a health care proxy or health care power of attorney.

Powers of Attorney - is a document you can use to appoint someone to make decisions on your behalf while you are still alive; someone to handle management of different aspects of your life. The person you designate is called an "attorney-in-fact." The appointment can be effective immediately or can become effective only if you are unable to make decisions on your own. You can identify more than one person to handle different aspects of your life. For example, you could appoint someone to manage the farm business and someone else to handle the more personal aspects of your life.

Will - A written document with instructions for disposing of assets after death. A will can only be enforced through the probate court.

For more information go to: extension.udel.edu/ag/agribusiness

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