

## Finding Health Insurance

by vcmorris - Thursday, March 24, 2011

<http://thethinpinkline.com/2011/03/24/finding-health-insurance/>

Medical expenses are continuing to climb every year. That's why finding affordable health insurance is such a concern.

Everyone knows that when you're struggling to make ends meet, without health insurance you can't afford a major illness or mishap that result in a series of visits to the doctor's office. If you're lucky enough to have group coverage through your employer, even though you're being asked to contribute more than before – consider yourself lucky.

If you're unemployed or self-employed you have to run the gauntlet of searching for affordable individual health insurance. That's no easy task.

- Shop around. Although most health insurance policies have the same basic options – you will find there are differences both in coverage and cost.
- Be sure not to fall victim to thinking the most expensive policy is the best policy. Know what individual protection you need and find the policy that will cover it.
- Check out the company that's offering the policy to make certain it's in good standing, solvent and can pay out the claims of policyholders.

The real bottom line to the high cost of health insurance is to adopt this mindset: *some insurance is better than no insurance*. So if after searching for policies you find that you can't afford the type policy that fits your health care needs, re-calculate. You might have to increase the deductible or drop some coverage in order to afford the policy. But at least you will have some coverage which in the event of a medical emergency or hospitalization – will provide some relief to the high cost of medical care.

Here's to your health and wealth.

My book "Mind Over Money Matters: It's Your Money So Take It Personally"™ is available now on

[http://www.amazon.com/Mind-Over-Money-Matters-Personally/dp/0982758812/ref=sr\\_1\\_1?ie=UTF8&qid=1300806978&sr=8-1](http://www.amazon.com/Mind-Over-Money-Matters-Personally/dp/0982758812/ref=sr_1_1?ie=UTF8&qid=1300806978&sr=8-1)