

What To Do When Your Health Insurance Rate Goes Up

Why Rates Increase

- Carrier risk pool changes
- More claims than expected
- Regulatory changes
- Age-band increases

How to Respond

Step 1 — Don't panic

Rate hikes are normal.

Step 2 — Compare TWO categories

1. Monthly premium
2. Total yearly cost

Step 3 — Consider switching if:

- You're healthy
- Your deductible jumped
- Your network shrank
- The new price doesn't match your usage

Step 4 — Avoid these mistakes

- Switching to HMO just because it's cheap
- Ignoring network changes
- Picking plans with massive deductibles
