

# How Much Does Health Insurance Really Cost?

Are you concerned with the lack of coverage your insurance plan is providing you and your family? Do your out-of-pocket expenses for things such as prescriptions drugs and dental care create a financial crunch in your household? Shopping for a new health insurance plan may be the solution for you, and it may be more affordable than you ever realized.

The answer to the question "what does the average health insurance policy cost" is a tricky one. In general, the average policy sold today is valued at over \$15,000 for a family of four, but there are a huge number of factors that go into that number, and as no family is ever average, the actual cost could vary greatly. What you may end up paying will usually depend on several variables. Here are just a few to consider in helping you gauge what kind of premiums you may be looking at.

**Size Of Your Family**-The number of dependents you add on will not, in most cases, proportionately increase your premiums. This means you will not be paying twice as much for four children as you would for two. This is especially important for those that have large families and are worried about having everyone covered.

**Existing Healthcare Through Work**-If you are covered through your job and are just looking for add-on coverage, your premiums may be much lower than you expect. Also, some workplaces offer optional health insurance plans in which they pay a percentage of the premiums for you. These are options that can save you a considerable amount on your health insurance.

**Your Age And Ages Of Your Family Members**-In general, the older you are, the higher your insurance premiums will be. The exceptions to this rule are very young children who are sometimes more costly to cover, and whether you have a plan with fixed premiums that you purchased at a younger age.

**Your Health And Health Of Your Family Members**-If you put off buying health insurance until you or a loved one gets sick you are likely going to be paying higher premiums. It is in your best interest to purchase health insurance when you are young and healthy.

**Type Of Policy You Select**-If you select a plan with a co-payment option or a higher deductible, you will usually pay a lower premium.

These are just a few of the factors that can affect the cost of health insurance for you and your family.