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Sports Players Need Health Insurance

By Elizabeth Newberry

It might be midget league football. It might be little league baseball. It might be the high school

cheerleading squad. Whatever it is, your children probably feel as if it's the NFL, MLB, or the Dallas Cowboy cheerleaders. You, and the rest of your town, probably support your children just as fervently as if they were playing in those big-time sports.

Yes, we Americans love our sports.

They're enjoyable to play and exciting to watch. Players and spectators alike take pleasure in sports; however, sports are sometimes more than just fun and games. Sometimes sports are injuries waiting to happen. Many times sports injuries go beyond sprained ankles and broken bones to the more serious sports injuries such as concussions and paralysis.

That's why it's so important for your children to have good health insurance. Although sports are fun, any child playing any kind of sport is at risk for injury - mild or major. If your daughter falls off the top of a cheerleading pyramid, or your son doesn't jump right up after being tackled on the field, the school and the on-site medical personnel, including local ambulances that are always present at school sporting events, are going to do everything they can to help. But once your child gets to the emergency room, who's going to pay the doctor bill? Your health insurance.

These days, many schools require all students wishing to participate in a school sport to provide evidence of health insurance. This means that you, Mom and Dad, get to fill out some paperwork or even drag out a copy of the insurance card. You don't want to deny your child the chance to participate in school sports, just as you don't want to get slammed with an outrageous doctor bill in the event of an accident.

You can't always be by their sides protecting them, but you can make sure your children have adequate health insurance.

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Marriage Shouldn't Determine Your Health Insurance Policy

By Elizabeth Newberry

It's common for people who share a life together through marriage to also share a health insurance policy. Marriage brings two people, and everything they own, together; sometimes, "everything they own" includes their health insurance policies. While most married couples choose to use one health insurance policy to cover both because it seems more affordable, there are actually benefits to having two separate health insurance policies.

It's true that using one health insurance policy for both people after marriage can sometimes save money; however, what happens if both spouses already have health insurance policies with which they are satisfied?

If this is the case, it's time to sit down and list the pros and cons of both keeping separate health insurance policies, and deciding on one health insurance policy to stick with.

If you and your spouse both have health insurance policies, think about how pleased each of you is with your separate health insurance policies. If you're both extremely satisfied with your own health insurance policies, it may not pay to eliminate one and keep the other. You may have a health insurance policy that allows you to see certain specialists your health requires you to see at lower prices while your spouse, who doesn't need to see these specialists, has a plan that doesn't cover these specialists.

On the other hand, your spouse may have a health insurance policy that offers benefits your current health insurance policy doesn't offer, or vice versa. If your spouse's health insurance policy is cheaper than your health insurance policy, and offers the benefits you want and need but don't currently have, perhaps you should consider dropping your health insurance policy and joining your spouse's health insurance policy.

Ultimately, as long as the coverage needed is offered, and the prices paid are affordable, whether you keep separate health insurance policies or decide to use only one after marriage is entirely up to you.

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