



An electronic newsletter from Ohio's health insurers

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Targeting the 'Young and Invincible'

There are many changes in health insurance this year, and one of the biggest and most beneficial may be the change in dependent age coverage. Ohio has good news about this change from both the state and national perspective.

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Health Insurance Premiums Driven by Underlying Medical Costs

It comes down to this – if health care costs are not restrained, health insurers will have to continue asking state regulators for premium rate increases in order to cover claims made by their enrollees and remain solvent.

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Humana has a New Game to Encourage Healthy Behaviors in a Fun Way



Humana has recently launched the first of several planned iPhone applications that feature a fun approach to helping people get healthier and achieve lifelong well-being.

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