

Find Low Cost Private Insurance



Check out the web for services that **compare low cost health plans** and can give you instant quotes. Most sites require a basic health questionnaire to generate **insurance quotes**. You can compare plans for individuals offered by different health insurance companies or different plans offered by the same company. Many even allow you to **apply instantly online** after you have chosen the plan that is right for you.

A few sites that provide such services are:

www.KaiserPermanente.org

www.healthinsurance.com

www.ehealthinsurance.com

www.healthquote360.com

www.4-health-insurance-rates.com

Reliable Health Information from the US Department of Health and Human Services

The Department of Health and Human Services has published a website to provide a variety of health information to consumers. Services provided by **www.healthfinder.gov** include:

- *My Health Finder* – a service that **answers questions** about your health
- *Health A to Z* – an **encyclopedia** of information on health topics and diagnoses
- *Find Services and Information* -- **Locate a doctor**, health center, organization or public library
- *Personal Health Tools* – free interactive software to help you **live healthier**
- And the *Quick Guide to Healthy Living*

