



## **Short term health insurance: What is it and Why would I want it?**

**Short-term health insurance** plans (also known as **short term medical insurance** and **temporary health insurance**) provide you with coverage for a limited period of time. They may be an ideal solution if you are: laid off; on-strike; between jobs; waiting for other health insurance to start; a recent graduate no longer covered under your parents' policy; or a seasonal employee.

Short term health insurance (or short term medical insurance) provides six-to-12-months coverage

Short-term plans usually offer coverage up to six months, although some plans may offer 12 months. They are designed as short term solution to cover a gap in your health insurance, and not as a permanent replacement for standard health insurance. Think you'll need coverage for a longer period of time? You may want to look at standard individual and family health insurance plans instead.

### **Quick application and approval for short term health insurance**

The application process for short-term health insurance is usually simpler than standard health insurance. If approved, coverage can begin as soon as 24 hours after your application is submitted.

### **Short term health insurance provides protection against the unknown**

Short-term medical insurance plans are designed to protect against unforeseen accidents or illnesses, rather than to provide comprehensive coverage, and, as such, typically do not include coverage for preventive care, physicals, immunizations, dental or vision care.

Temporary health insurance plans also do not cover pre-existing medical conditions. While the definition of a pre-existing condition can vary by state, short-term health insurance policies generally exclude coverage for conditions that have been diagnosed or treated within the previous 3 to 5 years. If you have an existing medical condition, you may want to research whether you can extend your current insurance. Employer-sponsored insurance can be extended under a government-regulated option commonly referred to as COBRA, which you should seriously consider if you have an existing medical condition.

### **Know your HIPAA rights**

Just lost a job with coverage? Purchasing a short-term health insurance plan will make you ineligible for any guaranteed issue individual health plans commonly referred to as HIPAA Plans. HIPAA plans are usually very expensive and are generally intended for people with pre-existing medical conditions who would have trouble getting health insurance otherwise. If you wish to maintain your eligibility for HIPAA plans, you should not purchase a short-term plan. Please consult your benefits advisor to discuss your rights under the Health Insurance Portability and Accountability Act (HIPAA) and other rights under state law.