



# The State of the Individual Market

## The Problems Facing the Individual Health Insurance Market in Alabama

Insurers limit care by offering those in the individual market weak benefits, and sometimes excluding benefits all together. Insurers will sometimes even cancel an insurance policy once a customer starts making costly claims. Study after study has documented that people with pre-existing conditions can find it nearly impossible to get the coverage they need, or face high costs in trying to purchase it.<sup>1</sup>

---

### Weak benefits

One way insurance companies limit care is by offering coverage on the individual market that has a weaker benefit package than most employers provide.<sup>2</sup> Despite these smaller benefit packages, individual insurance policies also usually come with high cost sharing, such as deductibles that average \$2,000 for PPO coverage.<sup>3</sup>

**Limiting benefits:** Alabama requires insurance companies to include 19 benefits in all individual insurance plans, which is lower than the national average of 38.<sup>4</sup> This does not include basic benefits such as cancer screenings and medications, chemotherapy, diabetic supplies and management, and maternity services.

**Weakening affordability:** Insurers also charge higher rates to those who might need more care, such as older Americans or individuals with health conditions. There is no limit on how much insurers in Alabama can charge individual policyholders for health insurance.<sup>5</sup>

---

### Excluded benefits

Insurers also exclude coverage for medical conditions that individuals know they need. Insurers do this by defining pre-existing conditions as broadly as they can and then excluding those pre-existing conditions from coverage.

**Broadly defining pre-existing conditions:** The more broadly insurance companies can define pre-existing conditions, the more conditions they can exclude from coverage, and the less care they will have to pay for. In Alabama, you must have received medical attention for your condition—advice, a diagnosis, or actual treatment—for it to count as pre-existing.<sup>6</sup> This is a higher standard than other states, which allow undiagnosed symptoms to count.

**Counting recent and old pre-existing conditions:** The more medical conditions that insurers can count as pre-existing—even if they no longer exist—the more they deny care. In Alabama, insurers can look 60 months back into your medical history to determine if you have a pre-existing condition.<sup>7</sup> More than half of states and the District of Columbia allow insurers to look back more than a year.

**Limiting care for pre-existing conditions:** Once insurers have identified an individual's pre-existing condition, they will limit coverage by selling people policies that specifically exclude coverage for those conditions. In Alabama, insurers are allowed to permanently exclude pre-existing conditions from an individual's coverage.<sup>8</sup> This means that some people will never be able to purchase health insurance for their medical conditions on the individual market.

---

## Canceling coverage

It is possible for insurance companies in the vast majority of states to cancel coverage once insurers discover that expensive claims are being made on the policy.<sup>9</sup> In a game of “gotcha,” insurers can compare the original application to a policyholder's medical history to find any discrepancy—no matter how small, innocent, or irrelevant—in an effort to cancel coverage. This can happen even years after the policy was purchased and in the face of complex insurance applications. Individuals who have their coverage canceled or rescinded are often left with large medical bills and no insurance moving forward just when they need it the most.

**Denying coverage for those who need it now or later:** In Alabama, insurers can deny coverage based on health status at the time of application, limiting care for anyone with less than perfect health. This means that those individuals who obtain coverage but are found to have omitted a pre-existing condition on their insurance applications can have their coverage canceled, rescinded (retroactively canceled), or limited through a pre-existing condition exclusion.

**Investigating health status:** Rescissions can occur when an insurance company fails to conduct sufficient medical underwriting to find pre-existing conditions at the time of application. By being thorough and answering all questions up front, insurers could eliminate rescinding coverage later. Alabama does not require insurers to conduct medical underwriting at the time of application.<sup>10</sup>

**Canceling coverage for inadvertent application mistakes:** Federal law allows rescissions only if an individual obtained their health coverage through “fraud or made an intentional misrepresentation of material fact” in applying for coverage.<sup>11</sup> State law in Alabama does not require insurers to prove that individuals acted fraudulently or intentionally before rescinding or cancelling their coverage for short term plans. For plans that have been in effect for a number of years, state law in Alabama requires insurers to prove fraud or intent before rescinding or cancelling coverage, but only after the coverage. This means that insurers can ration care for individuals who made simple, inadvertent mistakes on insurance applications.

**Little external review of canceled coverage:** Just one state, Connecticut, requires insurers to submit requests to rescind or cancel coverage to state regulators. Insurers in most states are allowed to handle rescissions internally. Alabama does not give consumers any right to appeal a decision by their insurer to rescind or cancel their coverage.<sup>12</sup>

---

## Coverage ineligibility

Insurance companies will use a range of reasons to limit health insurance on the individual market based on who wants to buy it.

**Prescription drug use:** Taking prescription medications makes millions of Americans ineligible for coverage on the individual market.<sup>13</sup> For example, insurance companies in California bar individuals from coverage if they take any eight of the 20 most popular prescription medications in the United States.<sup>14</sup> That includes the top selling drug in the country, Lipitor, which has been prescribed to more than 26 million Americans to treat cholesterol.<sup>15</sup>

**Height and weight:** Health insurance will cost more for the approximately one-third of adults who are medically obese<sup>16</sup> (a BMI of 30 or higher), if it is available at all. Those with a BMI of more than 35 will simply be denied.<sup>17</sup> But it isn't just the obese who can be turned down. Coverage can more expensive, or denied, for those deemed too short, too tall, or too thin.<sup>18</sup>

**Age:** Age discrimination is prevalent in the individual insurance market.<sup>19</sup> A person who is 60 to 64 and healthy is going to pay on average four times as much for health insurance than an 18 to 24 year old—\$1,170 per year vs. \$4,185 per year.<sup>20</sup> Of course, that is only for those who are offered coverage.<sup>21</sup> Those 60 to 64 are three times more likely to be turned down for individual coverage than those 18-24.<sup>22</sup>

**Gender:** Being a woman means paying more for health insurance.<sup>23</sup> Pregnancy has long been a reason insurance companies use to charge women higher rates for health insurance,<sup>24</sup> despite the fact many individual insurance policies don't even cover maternity benefits.<sup>25</sup>

**Occupation:** Insurers will use your occupation to decide if you can buy insurance. Roofing, window cleaning, lumber work, and asphalt laying are occupations that insurers will sometimes not cover.<sup>26</sup> Even hobbies such as scuba diving and skydiving can mean being denied coverage.<sup>27</sup> Volunteer firefighters, a common activity in rural areas, can be denied coverage even if their full-time occupation only involves office work.<sup>28</sup>

---

## Endnotes

1 Sara Collins and others, "Squeezed: Why Rising Exposure to Health Care Costs Threatens the Health and Financial Well-Being of American Families" (New York: The Commonwealth Fund, 2006) [http://www.commonwealthfund.org/publications/publications\\_show.htm?doc\\_id=402531](http://www.commonwealthfund.org/publications/publications_show.htm?doc_id=402531). Also see: Nancy Turnbull and Nancy Kane, "Insuring the Healthy or Insuring the Sick? The Dilemma of Regulating the Individual Health Insurance Market, A Survey of Seven States" (New York: The Commonwealth Fund, 2005); [http://www.commonwealthfund.org/publications/publications\\_show.htm?doc\\_id=259025](http://www.commonwealthfund.org/publications/publications_show.htm?doc_id=259025); Families USA, "Failing Grades: State Consumer Protections in the Individual Health Insurance Market," (2008) <http://www.familiesusa.org/assets/pdfs/failing-grades.pdf>; Karen Pollitz, Richard Soriano, and Kathy Thomas, "How Accessible is Individual Health Insurance for Consumers in Less-Than-Perfect Health?" (Washington: Kaiser Family Foundation, 2001)

2 Nancy Turnbull and Nancy Kane, "Insuring the Healthy or Insuring the Sick? The Dilemma of Regulating the Individual Health Insurance Market, A Survey of Seven States" (New York: The Commonwealth Fund, 2005) [http://www.commonwealthfund.org/publications/publications\\_show.htm?doc\\_id=259025](http://www.commonwealthfund.org/publications/publications_show.htm?doc_id=259025). Also see: Families USA, "Failing Grades: State Consumer Protections in the Individual Health Insurance Market" (2008) <http://www.familiesusa.org/assets/pdfs/failing-grades.pdf>.

3 AHIP Center for Policy and Research, "Individual Health Insurance: A Comprehensive Survey of Affordability, Access, and Benefits" (2005) [http://www.ahipresearch.org/pdfs/Individual\\_Insurance\\_Survey\\_Report8-26-2005.pdf](http://www.ahipresearch.org/pdfs/Individual_Insurance_Survey_Report8-26-2005.pdf)

4 Victoria Craig Bunce and JP Wieske, "Health Insurance Mandates in the State, 2008," (Virginia: Council for Affordable Health Insurance, 2008) [http://www.cahi.org/cahi\\_contents/resources/pdf/HealthInsuranceMandates2008.pdf](http://www.cahi.org/cahi_contents/resources/pdf/HealthInsuranceMandates2008.pdf). Also see Kaiser State Health Facts, "Mandated Benefits in Private Health Insurance," Kaiser Family Foundation. <http://www.statehealthfacts.org/comparecat.jsp?cat=7>.

5 Kaiser State Health Facts, "Individual Market Rate Restrictions," Kaiser Family Foundation. Available at <http://www.statehealthfacts.org/comparetable.jsp?ind=354&cat=7>.

6 Kaiser State Health Facts, "Individual Market Portability Rules," Kaiser Family Foundation. <http://www.statehealthfacts.org/comparetable.jsp?ind=355&cat=7>.

7 Kaiser State Health Facts, "Individual Market Portability Rules," Kaiser Family Foundation. <http://www.statehealthfacts.org/comparetable.jsp?ind=355&cat=7>.

8 Kaiser State Health Facts, "Individual Market Portability Rules," Kaiser Family Foundation. Available at <http://www.statehealthfacts.org/comparetable.jsp?ind=355&cat=7>.

9 Peter Harbage and Hilary Haycock, "Primer on Post-Claims Underwriting" (New Jersey: The Robert Wood Johnson Foundation, 2009) <http://www.rwjf.org/pr/product.jsp?id=44169>

10 Families USA, "Failing Grades: State Consumer Protections in the Individual Health Insurance Market" (2008) <http://www.familiesusa.org/assets/pdfs/failing-grades.pdf>.

11 Committee on Energy and Commerce, "Memorandum RE: Supplemental Information Regarding the Individual Health Insurance Market," June 16, 2009.

12 Families USA, "Failing Grades: State Consumer Protections in the Individual Health Insurance Market" (2008) <http://www.familiesusa.org/assets/pdfs/failing-grades.pdf>.

13 Chad Terhune, "They Know What's in Your Medicine Cabinet," *BusinessWeek*, July 23, 2008. [http://www.businessweek.com/magazine/content/08\\_31/b4094000643943\\_page\\_2.htm](http://www.businessweek.com/magazine/content/08_31/b4094000643943_page_2.htm)

14 Lisa Girion, "Health insurers deny policies in some jobs: Common medications also can be deemed too risky in California," *Los Angeles Times*, January 8, 2007.

15 Lipitor website, <http://www.lipitor.com/content/index.jsp>.

16 Centers for Disease Control and Prevention, "Overweight and Obesity" available at <http://www.cdc.gov/nccdphp/dnpa/obesity/index.htm>.

17 Texas Office of Public Insurance Counsel, "2007 Individual Health Underwriting Guidelines," State of Texas, 2007. Available at [http://www.opic.state.tx.us/docs/442\\_2007\\_health\\_ug.pdf](http://www.opic.state.tx.us/docs/442_2007_health_ug.pdf).

18 Families USA, "Failing Grades: State Consumer Protections in the Individual Health Insurance Market" (2008) <http://www.familiesusa.org/assets/pdfs/failing-grades.pdf>.

- 19 Sara Collins, et al, "Squeezed: Why Rising Exposure to Health Care Costs Threatens the Health Sara Collins and others, "Squeezed: Why Rising Exposure to Health Care Costs Threatens the Health and Financial Well-Being of American Families" (New York: The Commonwealth Fund, 2006) Also see: "Financial Well-Being of American Families" (New York: The Commonwealth Fund, 2006) [http://www.commonwealthfund.org/publications/publications\\_show.htm?doc\\_id=402531](http://www.commonwealthfund.org/publications/publications_show.htm?doc_id=402531). Also see: AHIP Center for Policy and Research, "Individual Health Insurance: A Comprehensive Survey of Affordability, Access, and Benefits," (2005) [http://www.ahipresearch.org/pdfs/Individual\\_Insurance\\_Survey\\_Report8-26-2005.pdf](http://www.ahipresearch.org/pdfs/Individual_Insurance_Survey_Report8-26-2005.pdf). Also see Nancy Turnbull and Nancy Kane, "Insuring the Healthy or Insuring the Sick? The Dilemma of Regulating the Individual Health Insurance Market, A Survey of Seven States," (New York: The Commonwealth Fund, February 2005) [http://www.commonwealthfund.org/publications/publications\\_show.htm?doc\\_id=259025](http://www.commonwealthfund.org/publications/publications_show.htm?doc_id=259025).
- 20 AHIP Center for Policy and Research, "Individual Health Insurance: A Comprehensive Survey of Affordability, Access, and Benefits," (2005) [http://www.ahipresearch.org/pdfs/Individual\\_Insurance\\_Survey\\_Report8-26-2005.pdf](http://www.ahipresearch.org/pdfs/Individual_Insurance_Survey_Report8-26-2005.pdf)
- 21 AHIP Center for Policy and Research, "Individual Health Insurance: A Comprehensive Survey of Affordability, Access, and Benefits," (2005) [http://www.ahipresearch.org/pdfs/Individual\\_Insurance\\_Survey\\_Report8-26-2005.pdf](http://www.ahipresearch.org/pdfs/Individual_Insurance_Survey_Report8-26-2005.pdf)
- 22 AHIP Center for Policy and Research, "Individual Health Insurance: A Comprehensive Survey of Affordability, Access, and Benefits," (2005) [http://www.ahipresearch.org/pdfs/Individual\\_Insurance\\_Survey\\_Report8-26-2005.pdf](http://www.ahipresearch.org/pdfs/Individual_Insurance_Survey_Report8-26-2005.pdf)
- 23 David Lazarus, "Gender can cost you in individual health insurance," *Los Angeles Times*, June 22, 2008. <http://www.latimes.com/business/la-fi-lazarus22-2008jun22,0,24096.column>
- 24 Elizabeth Edwards, "Elizabeth Edwards on the Inequitable Individual Market," (Washington: Center for American Progress Action Fund Wonk Room, 2008) <http://thinkprogress.org/wonkroom/2008/06/24/elizabeth-individual-market/>
- 25 Nancy Turnbull and Nancy Kane, "Insuring the Healthy or Insuring the Sick? The Dilemma of Regulating the Individual Health Insurance Market, A Survey of Seven States," The Commonwealth Fund, February 2005. [http://www.commonwealthfund.org/publications/publications\\_show.htm?doc\\_id=259025](http://www.commonwealthfund.org/publications/publications_show.htm?doc_id=259025)
- 26 Lisa Girion, "Health insurers deny policies in some jobs: Common medications also can be deemed too risky in California," *Los Angeles Times*, January 8, 2007.
- 27 Texas Office of Public Insurance Counsel, "2007 Individual Health Underwriting Guidelines," State of Texas, 2007. Available at [http://www.opic.state.tx.us/docs/442\\_2007\\_health\\_ug.pdf](http://www.opic.state.tx.us/docs/442_2007_health_ug.pdf).
- 28 Lisa Girion, "Health insurers deny policies in some jobs: Common medications also can be deemed too risky in California," *Los Angeles Times*, January 8, 2007.