

## CHOOSING THE RIGHT PLAN FOR YOUR STAGE OF LIFE

**Because Your Needs Change—  
So Should Your Coverage**



As life changes, so do your health, income, and priorities. The right insurance coverage isn't one-size-fits-all—it depends on where you are in life and where you're headed. This guide breaks down smart options for every stage.

### Young Adults (20s–30s)

**Focus:** Foundational coverage, affordability, flexibility

- **ACA Plans:** Income-based subsidies can make coverage surprisingly affordable
- **Life Insurance:** Lock in low rates while you're young and healthy
- **Supplemental:** Budget-friendly plans for accident or hospital costs
- **Dental & Vision:** Easy to skip—but important for long-term health

**Tip:** If you're aging off a parent's plan or just starting out, you may qualify for major cost savings.

### Growing Families (30s–50s)

**Focus:** Protection, stability, family-focused benefits

- **Health Insurance:** ACA family plans may reduce costs based on household income
- **Life Insurance:** Term policies help protect your kids and home
- **Supplemental Plans:** Cover out-of-pocket costs from illness or injury
- **Dental & Vision:** Helpful for kids' braces, glasses, and preventive care

**Tip:** Big life changes—like having a baby or changing jobs—can qualify you for special enrollment.

### Pre-Retirement (50s–Early 60s)

**Focus:** Income, medical, and financial prep

- **ACA Plans with Higher Subsidies:** Age-based pricing makes comparison shopping important
- **Supplemental Insurance:** Protect retirement savings from high hospital or illness costs
- **Life Insurance Review:** Reassess your existing policy or add permanent coverage
- **Long-Term Planning:** Explore options that could support future caregiving needs

**Tip:** A great time to start preparing for Medicare; early planning can help ensure a smooth transition.

### Retirement & Medicare (65+)

**Focus:** Optimize benefits, reduce costs

- **Medicare Advantage or Supplemental:** Options that match your care, budget, and lifestyle
- **Part D Prescription Coverage:** Compare plans annually to avoid penalties and coverage gaps
- **Dental, Vision & Hearing:** Medicare doesn't cover these—ask about affordable add-ons
- **Critical Illness or Cancer Plans:** Can help cover unexpected costs on a fixed income

**Tip:** Medicare isn't one-size-fits-all—it's a mix of parts that work together differently for everyone.

Choosing a health plan doesn't have to feel overwhelming. Chris Carmichael is a licensed independent health insurance agent serving individuals and families at every stage of life. From getting started to navigating Medicare, he'll help you find coverage that fits your needs, goals, and budget.

