

Published based on [Flu, Health-Care Overhaul Debate Top 2009 Health Stories - WSJ.com](#)

Flu, Health-Care Overhaul Debate Top 2009 Health Stories - WSJ.com

Health care has been one of the most talked about topics of 2009 and is sure to remain that way in 2010.

Health care costs are rightfully a hot topic. Whether you believe the health care legislation is good or bad, you have to agree that health care costs are out of control. According to the Wall Street Journal Online, the average cost for a family taking advantage of COBRA health care benefits (this is the price paid in an employers group coverage plan without any contribution from the employer) is over \$1000 per month. This means you pay over \$12,000 per year for insurance. This is an insanely high amount considering most people will do nothing more than have a couple doctor's visits for the cold or flu.

Expensive health care legislation is not the answer. The key is to reduce the cost of health care coverage.

[Click Here Read the Original Article](#)

You can also find this article published on [Flu, Health-Care Overhaul Debate Top 2009 Health Stories - WSJ.com](#)