

A public comment has been received 07/24/2024.

**Name:** Pauline Migneault

**Town:** Wilmington VT

**Affiliation:**

**Topic:** Health Insurance Rate Review

**Comment:**

I am writing to you because the medical insurance rates increases proposed by your board are not acceptable.

My husband, a retired VT teacher, is 84 and I am 75.

I worked as an Occupational Therapist in Vermont until 2016 as a provider: and, also as an unpaid Occupational Therapy Advisor to the Secretary of State both Deborah Markowitz & Jim Condos.

Now retired, we are living on a very limited budget as are many of our colleagues.

After Graduate School, we chose to stay here in Vermont to be a part of the social fabric that encouraged us to make that decision but, as it turns out ...yes, we were 'helping' others that is true but at the same time we did not fully understand how this choice would negatively impact us so drastically today with the high costs of health insurance which has become a full blown out necessity for every Vermont citizen.

Please rethink how these increased costs will affect us and other people who are good citizens and willing to help out but now find themselves asking...' How is this high rate cost sustainable?'

Or, should we just let go of these healthcare plans & services and depend on your Board to come up with ways to treat the basics:

primary care visits, hospital lab services, pharmaceuticals, ER visits & complications?

I think it is time to take a look at why insurance rate increases parallel the cancer disease rate in Vermont.

For a few generations now, Vermonters have been subject to all the big food industries that profit from low grade 'food' sales and distribution to the masses here and in all of the USA including its territories.

That 'food' is making us sick right here in Vermont, so let's figure out a plan that requires that these types of companies who use chemicals and other cheap, low grade food sources pay the price increases in 'health' insurance costs because the reality is that they are causing sickness which then results in higher costs for our health insurance.

This situation is not sustainable and not ethical either. These companies are literally squeezing the 'life out of us'.

We need to turn this around...the citizens of Vermont are not causing the increased healthcare costs ...the food manufacturers are the culprits.

Tax them not us.

Good health to you all on the Board.

May you find a place in your minds and hearts that enables the GMCB to right the wrong for the common good of our precious Vermont folks.

Sincerely,  
Pauline

**Post Comment:** Yes