U.S. Needs Affordable Health Care

Medicare for All: A Plan that Protects Families

Mariko Takeda

BEFORE YOU READ: How is health insurance and the cost of health care working out for your family?

A key issue in the next election is health care. Health care is important, but insurance is very expensive. One year ago, I had surgery. At that time, I worried more about paying the bills than I did about my body. I have insurance, but some of the tests and treatments (for example, the anesthesia), were not covered. The hospital outsourced these things to another facility that was not covered by my insurance. I didn't want to care more about money than about my health.

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In my country, Japan, schools and companies provide free check-ups. They also provide healthy food. Also, Japan has National Health Insurance. It covers 70% of medical and dental costs for us. It is great because we know exactly how much we will pay in advance. Even if the charges are expensive, we can receive a subsidy to help cover the costs.

In the next election, people should vote for candidates who will be more concerned with the cost of health care. I support candidates who want Medicare for All. Medicare for All would protect families from worrying about medical bills when they are sick.
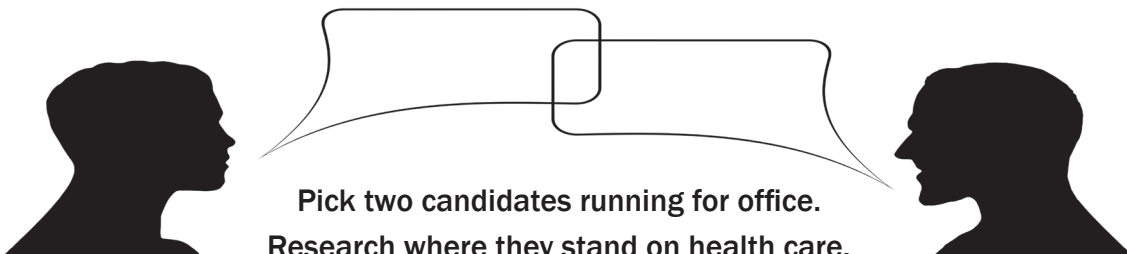
AFTER YOU READ:

1. What is the problem that Mariko poses? What solution does she propose?

2. See "Health: The Big Picture" (Issue #28) of *The Change Agent* for more articles about health and health insurance.

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What do the Candidates Say?

Pick two candidates running for office. Research where they stand on health care. Make a poster, write an essay, or create a slideshow that explains these candidates' points of view on this issue. What is your opinion? What could you do to work for a candidate you like? Is there another way you could work on this issue?