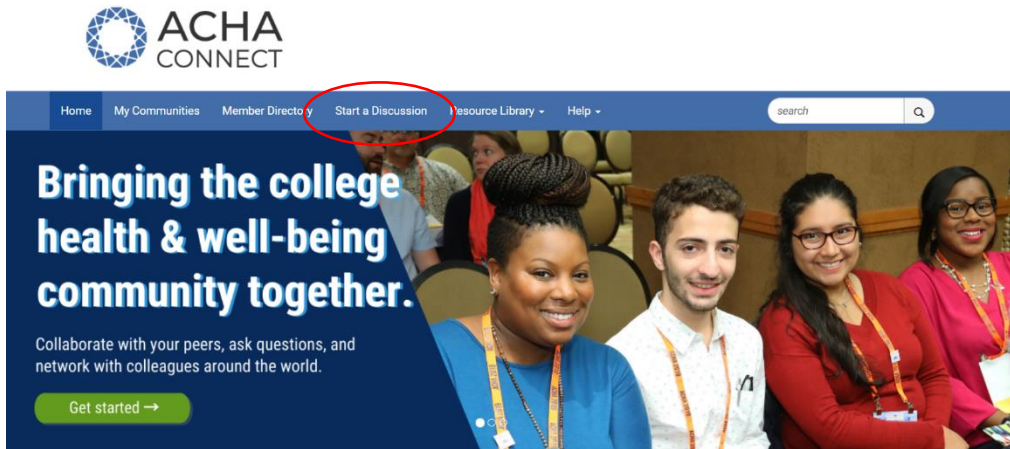


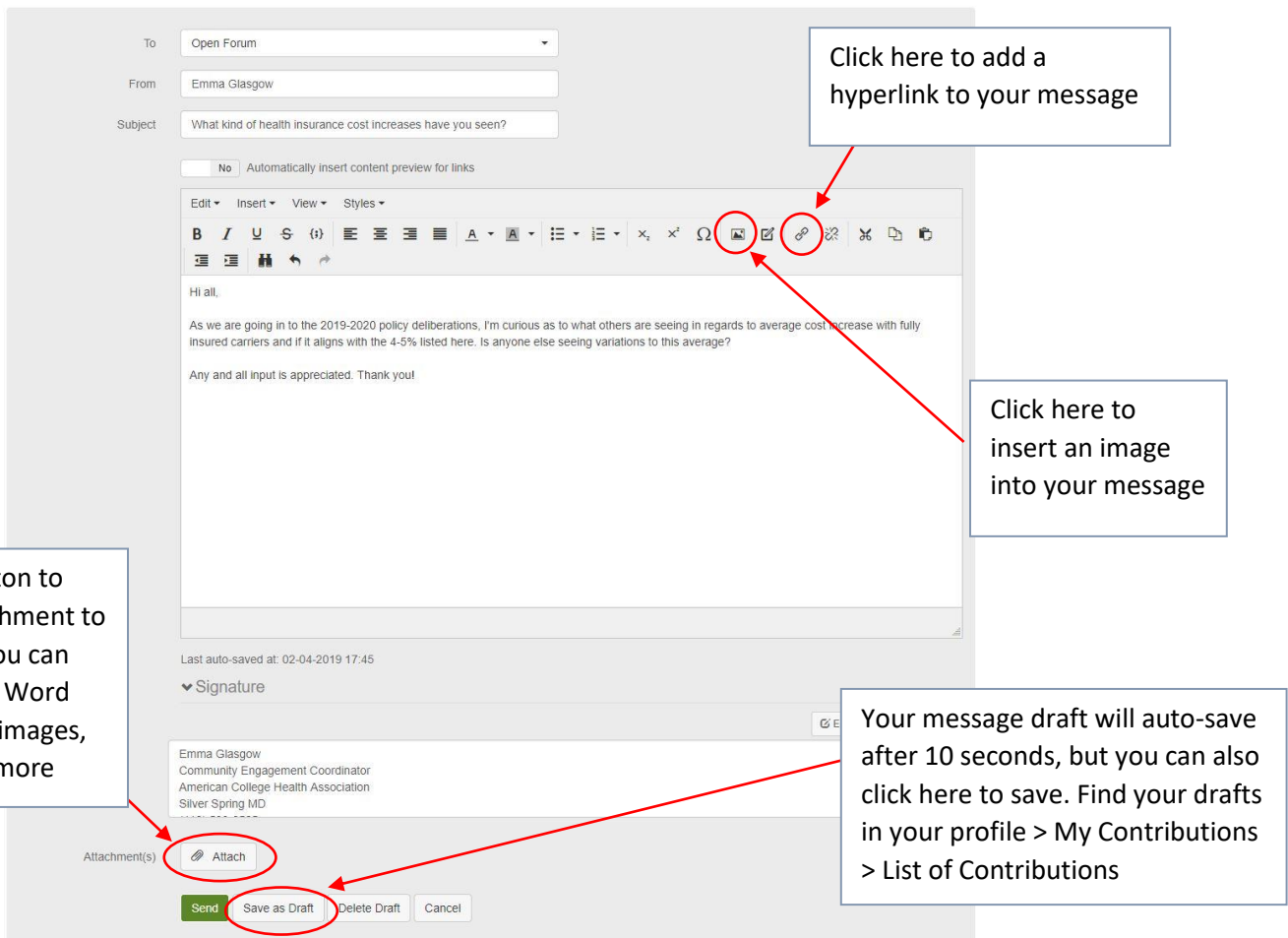
How to Start a Discussion Thread

1. From the homepage, click on the “Start a Discussion” link on the blue toolbar.



2. Use the content box to create your message. In the “To” field, select the community where you’d like to post your discussion (most likely this will be “Open Forum”).

Post A Message







To: Open Forum

From: Emma Glasgow

Subject: What kind of health insurance cost increases have you seen?

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Hi all,


As we are going in to the 2019-2020 policy deliberations, I'm curious as to what others are seeing in regards to average cost increase with fully insured carriers and if it aligns with the 4-5% listed here. Is anyone else seeing variations to this average?

Any and all input is appreciated. Thank you

Last auto-saved at: 02-04-2019 17:45

Signature

Emma Glasgow
Community Engagement Coordinator
American College Health Association
Silver Spring MD

Attachment(s)  Attach

Click here to add a hyperlink to your message

Click here to insert an image into your message

Use this button to add an attachment to your post. You can attach PDFs, Word documents, images, videos, and more

Your message draft will auto-save after 10 seconds, but you can also click here to save. Find your drafts in your profile > My Contributions > List of Contributions

Keep in mind that your post will be sent and available to everyone in that community. If you'd like to send a personal message to an individual member, you can send a direct message to that person instead.

When you are ready, hit "send" at the bottom of the page.

You can find your discussion post by clicking on the "Home" link on the blue toolbar. Here you will see all the most recent posts. There are several other ways to create a new discussion, including via the links in the email daily digest.



If you can't remember where you posted a discussion, you can search for the subject line or parts of the text you remember by using the search box on the blue toolbar. If you need to delete a post, please contact eglasgow@acha.org.

