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Insurance Industry News to Keep You & Your Clients In the Know!

HealthCare.gov Enrollment Hits 6 Million

Six million people had re-enrolled or selected a plan for the first time on HealthCare.gov as of Dec. 17, the last day to have coverage effective Jan. 1. The CMS says the figure is about 60% higher than the number who had done so at this point last year. Of the 6 million, 2.4 million are new to the marketplace, the agency said. Passive enrollment—when consumers are automatically re-enrolled in their current plans if they didn't choose another—will take place this month. [Modern Healthcare](#)

Exercising with osteoporosis: Stay Active the Safe Way

Osteoporosis is a major cause of disability in older women. A bone-weakening disorder, osteoporosis often results in fractures in the hip and spine — which can severely impair your mobility and independence. How can you reduce your risk of these life-altering injuries? Exercise can help. Certain types of exercise may strengthen muscles and bones, while other types of exercises are designed to improve your balance — which can help prevent falls. [Mayo Clinic](#)

4 Red Flags to Look for During Holiday Visits With Parents

When families live far away from one another, the holidays may be the only opportunity that long-distance caregivers and family members have to personally observe older relatives. Age-related decline can happen quickly. Family members who haven't seen their aging loved one since last year may be shocked at what they see: a formerly healthy father looking startlingly frail, or a mom whose home was once well-kept now in disarray. [Aging Care](#)

The 7 biggest insurance stories of 2015 By anyone's standards, 2015 was a year of disruption. Monumental legislation changed how we recognize marriage, how we plan our estates and how we pay taxes. Our standards of risk protection were challenged, as threats — cyber, terrorism, gun violence — became alarmingly frequent. And demographics continued to shift, changing the landscape of the workplace and redefining consumer culture. [LifeHealthPro](#)