



Information about Health and Medical Insurance
options for candidates
R & W Group

As a contractor for R & W Group, we want to inform you of several available options for health insurance. **R & W Group does not endorse any of these options, we are not associated with any of these companies, and we do not subsidize any of the plans they offer. This is not employer sponsored group health insurance.** It is only intended to be information for you about some options for individual health insurance plans.

Many other options may be available to you including but not limited to obtaining COBRA insurance through your former employer. We encourage you to look at all available options and choose what is best for you in your situation.

Two options several of our candidates have considered are:

- 1) eHealthinsurance.com – a website that offers numerous plans.
- 2) Virginia Medical Plans – individual plans for candidates in MD/VA/DC.

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