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SOUND OFF

President Barack Obama's campaign proposal included provisions that would improve the quality, efficiency and breadth of coverage.

Q: What is the first thing the Obama administration should do to improve the way health care is provided?

Lee Rabbitt
Benefits manager
Watkins Insurance Group

A: Educating people on ways to reduce the strain on our health care system, thus making health insurance more affordable, is the key. Healthier lifestyle choices, such as nutritious eating habits, regular exercise and stress reduction techniques, can save millions in claims.

