Former Foster Youth: Got Health Insurance?

Health insurance allows you to get the health care you need, when you need it. It can help you stay healthy as you transition out of foster care into adulthood. Having health insurance means you can get medical, vision, dental, and mental health services that can make a difference in letting you take good care of yourself.

**What you need to know:**

* **If you were in foster care at age 18or older in Maine:** you can get ***free health insurance*** through MaineCare (Medicaid) until age 26. Be sure to say you are a former foster youth when you go to sign up. You can go to any doctor, clinic, mental health or substance abuse counselor, or hospital that takes MaineCare. Go to [www.MaineCare.gov](http://www.MaineCare.gov) to apply and find out more information, or call MaineCare at: **1-800-977-6740**.
* **If you were in foster care at age 18 or older in another state and now live in Maine:** you may be eligible for MaineCare (Medicaid) based on your income, or you may be able to get health coverage through the Maine Marketplace, which helps uninsured people find affordable health insurance plans.
* **Open Enrollment happens once each year. This year, Open Enrollment is: November 1–January 31. ­**
* You will need to fill out an application and you will be told if you qualify for:
	+ **Private insurance plans.** ***Financial help is available***. You may qualify for lower costs based on your income. Plans cover essential health benefits, pre-existing conditions, and preventive care.
	+ **Medicaid and the Children’s Health Insurance Program (CHIP).** These programs cover millions of individuals with limited income, disabilities, and other circumstances.
* Go to [www.HealthCare.gov](http://www.HealthCare.gov)to learn about how the Marketplace works and how to get health insurance.
* **Free help is available.** Get answers to your questions by contacting our trained professionals for free and confidential assistance. Call **1-800-318-2596** or find free in-person help in your community by visiting:[LocalHelp.HealthCare.gov](https://localhelp.healthcare.gov/)**.**

**Ready to apply and enroll, or have questions?**

* Visit [HealthCare.gov](https://www.healthcare.gov/) or call **1-800-318-2596**, 24 hours a day, 7 days a week.
* Visit **The Opportunity Alliance**: [www.opportunityalliance.org](http://www.opportunityalliance.org) or call **1-877-429-6884**. 