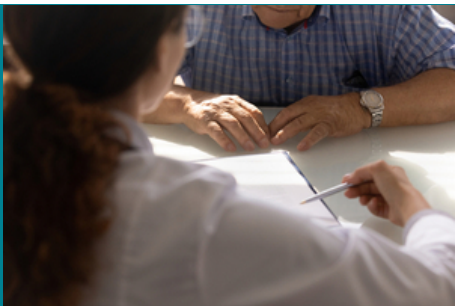




## MYTH BUSTING HEALTH INSURANCE

Does signing up for health insurance seem overwhelming? You're not alone!

For no cost, local health insurance navigators can walk you through the options and help you enroll.



**Myth** I'm healthy, so I don't need insurance.

**Fact** People need health insurance to get *and stay* healthy.

Accidents, injury, or disease can happen to anyone. Insurance means you, your family, and your community are prepared and protected.

Health insurance covers preventive care—diabetes screenings, flu shots, blood pressure tests, and more. Early preventive care can keep you from getting more serious illnesses down the road.

**Myth** I can't afford it.

**Fact** There are many low-cost options. A health insurance navigator can tell you what's available.

If you qualify, Medicaid and other insurance options may be available with little to no out-of-pocket costs.

The American Rescue Plan, signed into law this March, has dramatically increased the affordability of health care for millions. Many will pay less than \$10 per month, but to get these deals, you must sign up by August 15.

**Myth** I'm not eligible.

**Fact** Even if you weren't eligible before, you should check with a health insurance navigator.

In Michigan, Medicaid eligibility is based on income. You don't have to be a parent, pregnant, elderly, or disabled to qualify.

Even if your workplace offers insurance, you may still qualify for Medicaid or other financial support.

**Myth** It's too complicated.

**Fact** Help is available, free of charge.

At no cost, trustworthy health insurance navigators can help you find the best option and sign up.

Just like a yearly health check up, a free 'health insurance check up' can help you find the option that's best for you.

**Reach out.**

**We're standing by.**

Finding the best health insurance plan can be tricky. Luckily, free and trustworthy health insurance navigators—employed by local non-profit organizations—are here to help. Reach out. We'll answer your questions and guide you through every step of the process.

- Michigan Medicine (877) 326-9155 / Open M – F
- Washtenaw Health Plan (734) 544-3030 / Open M – F
- Saint Joseph Mercy Health System (734) 712-2009./ Open M – F
- Or email [WHIhealthcoms@umich.edu](mailto:WHIhealthcoms@umich.edu)