

## 5 Things to Know About Health Insurance if You're Under 30

The Colorado Division of Insurance wants everyone to know about the importance of having health coverage, especially those under 30. It's true: twenty-something men and women tend to be healthier and sometimes forgo coverage in an effort to save a few bucks. But health insurance is about more than just staying healthy; it's about being prepared and financially protected should the unexpected happen.

The Colorado Division of Insurance (DOI) exists to protect consumers, and DOI wants you to have the information you need to make better decisions about health insurance. Here are five things to know about health insurance in Colorado.

- 1. You might not have to wait for open enrollment.**  
Open enrollment for 2016 begins November 1<sup>st</sup>, but you may not have to wait. Did you just turn 26 and lose the insurance you had through your parents, recently move to Colorado, lose your employer-sponsored coverage, or have another life-changing event? You may be able to purchase health insurance immediately.
- 2. There are plans designed with young people in mind.**  
These plans, called catastrophic plans, have a high deductible and lower premium and are intended to protect you from a high-cost emergency that might otherwise break your bank. They are available to people under 30 and those who can demonstrate severe financial limitations. Preventive care must be covered at no cost to you, and three visits to a primary care doctor must also be covered. But know that the costs for other healthcare services may be higher than in other types of plans or may not be covered.
- 3. You may qualify for financial assistance.**  
The goal is to get Coloradoans covered, and many are eligible for financial assistance that can be used right away or claimed when you file your taxes. If your annual modified adjusted gross income (MAGI) is below a certain level you may qualify for assistance.
- 4. You don't have to go it alone.**  
Health Coverage Guides located across the state can provide information about your options and help you fill out the necessary online applications. For more specific, personalized coverage recommendations, you should speak with a certified broker who can walk you through the application process and help you apply for financial aid.
- 5. Colorado Division of Insurance is here to help.**  
If you have questions about health insurance, we can help you understand your options. If you have a problem or feel you've been treated unfairly, go to our website or give us a call. We're here to help.

Call the Division at **303-894-7490** in the Denver area; **800-930-3745** outside the metro area, or visit: [www.dora.colorado.gov/insurance](http://www.dora.colorado.gov/insurance).