

# 3 THINGS FOR WOMEN TO CONSIDER WHEN CHOOSING A PLAN



## Does the plan cover the prescription birth control you use?

Every plan must cover the full range of prescription birth control methods (pill, implants, IUDs, etc.) for free with no co-pay, but you should check with the insurer to be sure your preferred brand is covered for free.



## Does the plan have clinicians close to where you live or work?

You'll want to be sure to pick a plan that includes clinicians, like your women's health care provider that are easily accessible to you—at home or at work.



## Does the plan cover your current provider (a specific doctor or health center you prefer)?

Insurance plans have a "network" or list of providers where you can use your insurance. Not every plan will include every provider, so check to see if your current provider is included in the plans you are considering.

To learn more and sign up for coverage, visit  
**healthcare.gov**



For more information or to order more resources, contact:

National Family Planning  
& Reproductive Health Association  
(202) 293-3114 ext. 226  
Email: [getcovered@nfprha.org](mailto:getcovered@nfprha.org)

# WONDERING WHAT OBAMACARE MEANS FOR YOU?



We can help.



# ABOUT OBAMACARE

The health care law, sometimes called “Obamacare,” makes health insurance more affordable for millions of people who are uninsured and provides new benefits for all Americans. The law also requires most Americans to have health insurance.



## IF YOU DON'T HAVE INSURANCE

The law says that almost all Americans must have health insurance. Most people who don't get insurance will have to pay a fine. Here's the good news: new, more affordable, quality health insurance plans are available to you. All of the new plans cover the basics, like doctor visits, hospitalizations, maternity care, prescription medications, ER care and more. And birth control and annual well-woman exams are provided for free with no co-pay! And don't worry, you don't have to choose your insurance plan alone. There is help available online, on the phone and in person so you can find a plan that meets your needs and your budget.

## GET HELP PAYING FOR YOUR INSURANCE

You might be wondering how you're going to be able to afford it. Under the law, millions of people have gotten financial help to buy a health insurance plan. In fact, most individuals making less than \$47,080 per year and most families of four making less than \$97,000 per year can get financial help.



## NEW HEALTH INSURANCE BENEFITS

The health care law includes new benefits like prescription birth control and annual well-woman exams for free with no co-pay. It also makes sure that insurance companies can't put limits on how much they will pay for care you might need in your lifetime. And you can stay on your parents' health insurance plan until age 26.

## WHY DOES HEALTH INSURANCE MATTER?

Nobody plans to get sick or injured, but accidents and illness happen. With insurance, you have the peace of mind of knowing that you can get the care you need without having to worry about huge medical bills. And you can get preventive care too, which means you're better able to catch small issues before they become big problems—and even bigger bills.

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