

HEALTH INSURANCE SMARTS

WAYS TO GET INSURANCE



Health insurance is important. It gives you access to preventive screenings and regular checkups. It protects you from health-care costs related to injury or illness.

Depending on your situation, you may have more than one option when it comes to purchasing health insurance. Here are the most common options.

HEALTH INSURANCE INSIDE THE MARKETPLACE

Consumers can enroll in health coverage through the Health Insurance Marketplace at healthcare.gov. Compare the plans offered in your area for services, providers, and price. You may be able to get financial help to pay for premiums and out-of-pocket costs.

HEALTH INSURANCE OUTSIDE THE MARKETPLACE

Consumers can obtain health coverage through a health insurance company that sells insurance plans outside the marketplace. These are called private plans and are sold by licensed agents or brokers.

JOB-BASED INSURANCE

Consumers who are currently employed may be able to purchase coverage through their employers, also called employer-sponsored or job-based insurance. If this insurance costs more than 9.78 percent of your household income for a single policy, you may shop inside the marketplace, and you may be eligible for financial help to pay for premiums and out-of-pocket costs.

INSURANCE UNDER A PARENT'S POLICY

Young adults up to age 26 can enroll in health coverage under their parents' health insurance plans if those plans cover de-

pendents. Two additional options for young adults are student health insurance or purchasing a catastrophic plan. These types of plans have specific eligibility requirements.

MEDICARE

People who are 65 or older, certain younger people with disabilities, and people with end-stage renal disease or ALS will continue to get their health insurance through this federal health insurance program.

KANCARE (ALSO KNOWN AS MEDICAID/CHIP)

Low-income children, adults over 65, and people with disabilities who are lawfully present immigrants or U.S. citizens are eligible for this joint federal and state health insurance program. Depending on household income, pregnant women may also be eligible to enroll in this program. Learn more at kancare.ks.gov.

TRICARE

This is a Department of Defense healthcare program for eligible members and retirees of the seven uniformed services and their families.

VETERANS AFFAIRS (VA) HEALTH BENEFITS

This type of health coverage is available for eligible veterans who served in the U.S. military.

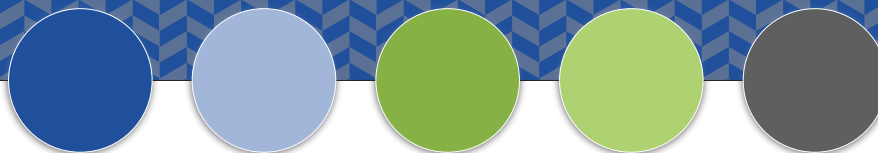
INDIAN HEALTH SERVICE

This is the federal health-care system for federally recognized American Indian and Alaska Natives.

Those who do not have health coverage may have to pay a fee. This fee, also called an individual responsibility payment,

K-STATE
Research and Extension

WAYS TO GET INSURANCE



increases each year. It is important to keep in mind that even if you pay the fee you still will not have any health insurance coverage, and you will be responsible for 100 percent of the cost of any medical care you receive.

IMPORTANT TERMS

Premiums: the amount that must be paid for your health insurance or plan; usually paid monthly.

Deductible: the amount you owe for health-care services your insurance or plan covers before your health insurance or plan begins to pay.

Co-insurance: your share of the costs of a covered health-care service, calculated as a percent of the allowed amount for the service. For example, 20 percent of a \$100 office visit would result in a \$20 co-insurance payment.

Co-payment: a fixed amount (for example, \$15) you pay for a covered health-care service, usually when you receive the service. The amount can vary by the type of covered health-care service.

Out-of-pocket limit: the most you pay during a policy period (usually a year) before your health insurance or plan begins to pay 100 percent of the allowed amount.

Open Enrollment: annual period during which you and your family can sign up for health coverage inside the marketplace, through an employer, or outside the marketplace.

Qualifying Life Event: a change in your life that can make you eligible for a special enrollment period to enroll in health insurance coverage; for example moving to a new state, certain changes in income, adding or losing a family member, gaining citizenship, and losing other health coverage.

WHEN TO ENROLL

Marketplace Open Enrollment: Typically early November through mid-December.

Job-based Open Enrollment: dates determined by employer and vary.

Special Enrollment: within 60 days of a qualifying event for marketplace coverage and within 30 days for job-based plans; learn more at <https://www.healthcare.gov/how-can-i-get-coverage-outside-of-open-enrollment/#part=2>.

Applications for KanCare can be made at any time.

For more information, contact:

Elizabeth Kiss, Ph.D., Associate professor and extension specialist, dekiss4@ksu.edu

Thanks to Roberta Riportella, Ph.D., for her work on the original publication.

K-STATE
Research and Extension

Publications from Kansas State University are available at:
www.bookstore.ksre.ksu.edu

Date shown is that of publication or last revision. Contents of this publication may be freely reproduced for educational purposes. All other rights reserved. In each case, credit Elizabeth Kiss, Ph.D., and Roberta Riportella, Ph.D., *Health Insurance Smarts: Ways To Get Insurance*, Kansas State University, April 2020.

**Kansas State University Agricultural Experiment Station
and Cooperative Extension Service**

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, J. Ernest Minton, Director.

MF3169 rev. April 2020