

# You can enroll 1 of 2 ways.

## Checklist

- Call or go to the Department of Social Services (DSS) office where you live. Find them here: [www.health.ny.gov/health\\_care/medicaid/ldss.htm](http://www.health.ny.gov/health_care/medicaid/ldss.htm)  
  
Date completed: \_\_\_\_\_
- The DSS will send/give you a Medicaid application and confirm that you qualify by checking their database.  
  
Date completed: \_\_\_\_\_
- Fill out the marked parts of the application (you will not need to provide your income) and hand it back/mail it to the DSS office. Make sure to sign the form!  
  
Date completed: \_\_\_\_\_
- Once your application is complete and your status is confirmed, you will be given/sent:  

  - ✓ Letter confirming that you qualify
  - ✓ List of the health plans you can chooseDate completed: \_\_\_\_\_
- Choose the health care plan you want and return the form to DSS. Coverage will not begin until DSS receives your signed application and your health plan choice.  
  
Date completed: \_\_\_\_\_

- Or use the New York State of Health.  
Note: This enrollment option will take longer and will delay your health insurance coverage.  

Want someone to just help you do the application? Call the New York State of Health: 1-855-355-5777 and ask to be connected to a Navigator.

 Go online to [www.nystateofhealth.ny.gov](http://www.nystateofhealth.ny.gov) Start the application process. In the “Build Your Household” section you will be asked if you were ever in foster care—answer “Yes.” Your application will be stopped once you answer that question, but don’t worry—your information will be sent to the State to confirm that you qualify.  
  
Date completed: \_\_\_\_\_
- The DSS where you live will be provided with your information and they will send you a packet. It will contain:  

  - ✓ Letter confirming that you qualify
  - ✓ Medicaid application (you will not need to provide your income)
  - ✓ A list of health plans you can chooseDate completed: \_\_\_\_\_
- Choose the health care plan you want and return the form to DSS. Coverage will not begin until DSS receives your signed application and your health plan choice.  
  
Date completed: \_\_\_\_\_

**RECEIVE YOUR HEALTH INSURANCE CARD!**  
Good until you turn 26

 With your card, you can see a doctor and get medications, mental health services and reproductive health care.

Have questions about your eligibility?  
Have questions about choosing a plan?  
Need to understand how to use your insurance?

Contact Community Health Advocates  
helpline: 1-888-614-5400

**Most young adults who left foster care at 18 and are still under 26 can apply for Medicaid with no income requirements.**

**Having insurance means you can receive important health, mental health, dental and other services.**



#### What you need to know:

- To be eligible, you must have been in foster care at age 18 or older and enrolled in Medicaid.
- You can apply any time before you reach age 26.
- There are no income or resource tests and no premiums. You don't need documents to apply (but if the state has trouble verifying that you were in foster care, you may be asked for a document).
- Once enrolled, you will continue on Medicaid through age 26 without needing to reapply as long as you live in New York.
- If you are older than 26, please visit the *New York State of Health*, New York's health insurance marketplace for coverage options, at: [www.nystateofhealth.ny.gov](http://www.nystateofhealth.ny.gov)
- For more details on this provision, see the FAQs on our website at: [www.scaany.org](http://www.scaany.org).

### Who to Contact

To find your local Department of Social Services office: [www.health.ny.gov/health\\_care/medicaid/ldss.htm](http://www.health.ny.gov/health_care/medicaid/ldss.htm)

For online enrollment: New York State of Health: [www.nystateofhealth.ny.gov](http://www.nystateofhealth.ny.gov)  
Or call: (855) 355-5777

For questions about your eligibility or insurance: Community Health Advocates: (888) 614-5400

Place your local information here



**Schuyler Center for Analysis and Advocacy is a member of the Children, Youth & Families Task Force of Health Care for All New York**

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## Get Covered!



**Health Insurance Options for Young Adults After Foster Care**

**Were you in New York State foster care when you turned 18?**

**If so, you may be able to have health insurance at no cost until you are 26.**

