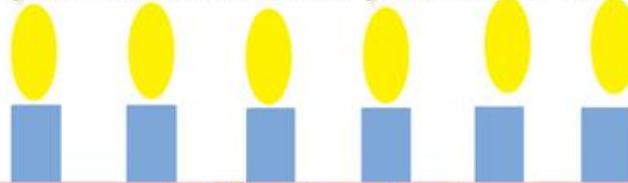


Happy Birthday! You're 26 years old!

If you're on your parent's health insurance plan, you may need new insurance! First - check with your parent's insurer to find out when your coverage will end. Some insurers end your coverage on your 26th birthday, others may cover you until the end of the month, the year, or even beyond 26!

You will have 60 days from the day your coverage under your parent's plan ends to find a new plan. So let's talk options!



Get Your Own Plan!

Sign up for your own plan on [HealthCare.gov](https://www.healthcare.gov). Tax credits could be available to reduce your monthly costs.

Get Free Coverage

If you have no or low income, you may be eligible for free Medicaid coverage in certain states.

COBRA Continuation Coverage

You may be able to extend your current insurance with COBRA. Look for a letter from your insurer!

Employer-Based Coverage

Check if your employer offers an insurance plan! Note: you may only have 30 days to sign up for your employer's plan.

Married?

Your spouse may be able to add you to their plan. Note: if your spouse is on an employer plan, you may only have 30 days to sign up.

Sign up for a plan within 60 days or you may have to wait until November 15 to get covered. You may also be subject to penalties on your taxes next year.

Questions? Go to [LocalHelp.HealthCare.gov](https://www.localhelp.healthcare.gov) to find free in-person help.