

RESOURCES in YOUR COMMUNITY



HEALTH INSURANCE for YOU

Anyone can go to **HealthCare.gov** to look for affordable health insurance. [healthcare.gov](https://www.healthcare.gov)  **800-318-2596** 

There are special programs available if you're [pregnant](#), [plan to get pregnant](#), or [recently gave birth](#). 

Many pregnant people are eligible for Medicaid.

Washington's Apple Health (Medicaid) provides comprehensive pregnancy and 12 months of postpartum coverage for individuals who qualify based on income, regardless of citizenship or immigration status.

Visit **Washington State Health Care Authority (HCA)** www.hca.wa.gov  for more information or call **800-562-3022** 

In addition to basic covered services, Apple Health's enhanced **First Steps**  program covers:

- prenatal care: regular office visits and associated services from your provider of choice, including licensed midwives, nurse midwives or physicians
- abortion, pregnancy loss, miscarriage care
- delivery in a hospital, delivery at a birthing center, or a home birth
- 12 months of comprehensive postpartum care for the birthing person
- continuous enrollment in Apple Health from birth up to age 6 for your child
- substance use disorder services
- mental health services
- dental services
- services covered through Maternity Support Services (MSS), Infant Case Management (ICM), and Childbirth Education (CBE)

If you are enrolled in Apple Health coverage and are pregnant, your coverage will automatically transition to **After-Pregnancy Coverage (APC)**  once your pregnancy ends. If you have been pregnant in the last 12 months you can apply for After-Pregnancy Coverage even if you were not enrolled in Apple Health while you were pregnant.

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HEALTH INSURANCE for YOUR CHILDREN

There are programs that can help your children get the medical, dental, vision, and mental health care they need.

The **Children's Health Insurance Program (CHIP)** and **Medicaid** provide no-cost or low-cost health coverage for eligible children in Washington State.

- **Children's Health Insurance Program (CHIP)** [InsureKidsNow.gov](https://insurekidsnow.gov)
- **Washington Apple Health (Medicaid)** www.hca.wa.gov

You can call **Help Me Grow Washington Hotline** at 📞 **800-322-2588** for help with enrollment or visit their website at helpmegrowwa.org 🔗

The **Family Resource Navigators** at Help Me Grow Washington can answer your questions and make it easier to apply for health insurance and food resources (like Basic Food, or food stamps, and WIC). Fill out an [online request for help](#) 🔗 or call 📞 **800-322-2588**.

There are also free and low-cost community clinics that provide medical care to individuals without health insurance.

- [Washington Association for Community Health](#) 🔗
- [Washington Healthcare Access Alliance free clinics](#) 🔗
- [rural health clinics](#) 🔗
- [tribal clinics Northwest Portland Area Indian Health Board](#) 🔗

CONSUMER PROTECTIONS

The Washington state Office of the Insurance Commissioner protects insurance consumers and oversees the insurance industry. They make sure insurance companies follow the rules and people get the coverage they are entitled to.

Visit www.insurance.wa.gov/health-insurance 🔗 or call 800-562-6900 📞

RESOURCES in YOUR COMMUNITY

FOOD AND NUTRITION ASSISTANCE

WIC (Women, Infants, & Children) program provides nutritious food, education, referrals, and breast/chest feeding support for pregnant people and parents of young children. Visit www.wicstrong.com/about/eligibility

Services are provided in communities throughout the state. Use the **WIC Office Locator** to find your local Women, Infants and Children office near you. Make an appointment and find out what papers or documents you need to bring with you. If you need assistance, call the Help Me Grow WA Hotline 📞 **800-322-2588** or visit the **ParentHelp123 Resource Finder** at resources.helpmegrowwa.org 🔗

Basic Food is Washington's food assistance program, which includes the **Supplemental Nutrition Assistance Program and the Food Assistance Program (SNAP)**. SNAP provides benefits to low-income households to supplement their grocery budget. Apply online at www.washingtonconnection.org or call 📞 **877-501-2233**



USING YOUR BENEFITS

If you receive cash or food assistance, you will be issued an Electronic Benefits Transfer (EBT) Card. This card is also called a "Quest Card" and you can use it like a debit card where you will enter your PIN to pay for food at most grocery stores.

IF YOU NEED HELP

If you need help finding healthy, affordable food where you live you can call or visit the **Food Lifeline Hunger Solution Center** to find food banks, farmers markets, food stands, community gardens and food programs where you live.

foodlifeline.org/find-food 🔗

877-404-7543



