



# Sign up for health coverage

No one plans to get hurt or sick. If injury or illness happens, health care insurance helps pay these costs. Health insurance pays for the preventive care services outlined on the reverse side of this sheet. With health coverage, you can receive care from your tribal health provider or other providers in your area. There are several insurance options available.

## Children’s Health Insurance Program (CHIP)

Learn more about coverage for children up to age 19 at [insurekidsnow.gov](http://insurekidsnow.gov)

## Medicaid

Low income people, pregnant women, and people with disabilities visit [medicaid.gov](http://medicaid.gov)

## Medicare

Learn more about coverage for people 65 and older at [medicare.gov](http://medicare.gov)

## Health Insurance Marketplace

Learn about purchasing health insurance and special protections for American Indians and Alaska Natives at [healthcare.gov/tribal](http://healthcare.gov/tribal)

### Sign up

- Visit your Indian health program,
- Go online to [healthcare.gov](http://healthcare.gov), or
- Call 1-800-318-2596

## Learn more about these health topics on the reverse side

**January – Get fit** [go.cms.gov/healthjourneygetfit](http://go.cms.gov/healthjourneygetfit)

**February – Blood pressure**  
[go.cms.gov/healthjourneybloodpressure](http://go.cms.gov/healthjourneybloodpressure)

**March – Nutrition** [go.cms.gov/healthjourneynutrition](http://go.cms.gov/healthjourneynutrition)

**April – Help for addiction**  
[go.cms.gov/healthjourneybehavioralhealth](http://go.cms.gov/healthjourneybehavioralhealth) (PDF, 2 MB, 2 pp)

**May – Breast health**  
[go.cms.gov/healthjourneybreasthealth](http://go.cms.gov/healthjourneybreasthealth)

**June – Men’s health** [go.cms.gov/healthjourneymenshealth](http://go.cms.gov/healthjourneymenshealth)

**July – Kids’ health** [go.cms.gov/healthjourneykidshealth](http://go.cms.gov/healthjourneykidshealth)

**August – Immunizations**  
[go.cms.gov/healthjourneyvaccines](http://go.cms.gov/healthjourneyvaccines)

**September – Mental health**  
[go.cms.gov/healthjourneybehavioralhealth](http://go.cms.gov/healthjourneybehavioralhealth) (PDF, 2 MB, 2 pp)

**October – Flu vaccinations**  
[go.cms.gov/healthjourneyflushot](http://go.cms.gov/healthjourneyflushot)

**November – Diabetes** [go.cms.gov/healthjourneydiabetes](http://go.cms.gov/healthjourneydiabetes)

**December – Health coverage**  
[go.cms.gov/healthjourneyhealthcoverage](http://go.cms.gov/healthjourneyhealthcoverage)

# My Health—HEALTH JOURNEY

Your health is in your hands when you have insurance that offers free preventive care. Get covered and use this guide to start your health journey to wellness and continue it throughout the year. Review your coverage options and find more information using the links on the reverse side.

