

C2C ARTICLE FOR BLOG OR OTHER PUBLICATION

5 Ways to Make the Most of Your Health Coverage

If you have recently enrolled in a health plan, you are among the [12.7 million](#) people that have gained access to the affordable care over the past few years. Enrolling in a health plan, however, is only the initial step. To help you go from coverage to care, the Centers for Medicare & Medicaid Services (CMS) has created [free resources](#) in multiple languages that will help you understand your benefits and connect to a primary care provider and preventive services.

Here are five ways to make the most of your health coverage:

1. **Confirm your coverage:** Be sure your enrollment is complete. Contact your health plan and or state Medicaid office. Pay your premium if you have one, so you can use your health coverage when you need it.
2. **Know where to go for answers:** Contact your health plan to see what services are covered, and what your costs will be. Read the [Roadmap to Better Care and a Healthier You](#) to learn about key health insurance terms, like coinsurance and deductible.
3. **Find a provider:** Select a health care provider in your network who will work with you to get your recommended health screenings. Remember you might pay more if you see a provider who is out-of-network.
4. **Make an appointment:** Confirm your provider accepts your coverage. Talk to your provider about preventive services. Ask questions about your concerns and what you can do to stay healthy.
5. **Fill your prescriptions:** Some drugs cost more than others. Ask in advance how much your prescription costs and if there is a more affordable option.

[Share these tips](#) with your family and friends so they too can make the most of their health coverage and live a long healthy life. Also, check out the [Roadmap for Better Care and a Healthier You](#) for a step-by-step guide on how to use your coverage and more detailed health insurance information.

For more information about the *From Coverage to Care* initiative, visit <http://go.cms.gov/c2c>.