

Get Involved in *From Coverage to Care*



ABOUT *FROM COVERAGE TO CARE*

Thank you for your interest in [*From Coverage to Care \(C2C\)*](#). There are many ways to get involved!

WHY IS THIS INITIATIVE SO IMPORTANT?

In the United States, an estimated [12.7 million](#) people signed up for coverage in the 2016 Open Enrollment, allowing them to gain or renew access to the health coverage they need. Enrolling in a health plan is only the initial step. The next step is to make the most of that coverage to maintain and improve health.

Developed by the Centers for Medicare & Medicaid Services (CMS), C2C aims to help people with health coverage, whether through an employer, Medicare, Medicaid, the Marketplace, or another type of health coverage, understand their benefits and connect to primary care and to preventive services, so they can live a long and healthy life. As part of the initiative, CMS has created [resources in multiple languages](#), free of charge to your organization and consumers, to help health care professionals and national and community organizations support consumers as they navigate their coverage.

WAYS TO COLLABORATE

BECOME A PARTNER

Your support is vital to help consumers make the most of their coverage and access preventive services to support their health goals. Getting involved is simple. Contact us at coveragetocare@cms.hhs.gov with any questions.

SHARE THE TOOLS

Whether you represent an organization or are an individual community advocate, you can be part of an important effort to improve the health of our nation. We encourage you to share C2C resources in churches, clinics, health systems, and in your community settings.

DOWNLOAD AND SHARE C2C RESOURCES

[5 Ways to Make the Most of Your Health Coverage – English \(PDF\)](#)

This checklist is a quick reference on how to make the most of your health coverage.

- [Spanish/Español \(PDF\)](#)

[A Roadmap to Better Care and a Healthier You – English \(PDF\)](#)

This roadmap explains what health coverage is, and how to use it to get the primary care and preventive services to help you and your family live long, healthy lives.

- [Arabic / العربية \(PDF\)](#)
- [Chinese/中文 \(PDF\)](#)
- [Haitian Creole/Kreyòl Ayisyen \(PDF\)](#)
- [Korean/한국어 \(PDF\)](#)
- [Russian / Русский \(PDF\)](#)
- [Spanish/Español \(PDF\)](#)
- [Tribal \(PDF\)](#)
- [Vietnamese/TIẾNG VIỆT \(PDF\)](#)
- [Customizable \(PDF\)](#)

[Enrollment Toolkit – English \(PDF\)](#)

This is a tool to help consumers choose the health plan that's right for them.

[Order printed copies of C2C resources, free of charge to your organization, and have them shipped for free directly to you.](#)

Many materials are available in English, Arabic, Chinese, Haitian Creole/Kreyòl, Korean, Russian, Spanish, Tribal, and Vietnamese.

For additional C2C resources in multiple languages, visit <http://go.cms.gov/c2c>.

MATERIALS YOU CAN USE TO SPREAD THE WORD

Looking for ideas on how you can help share C2C information and resources with others in your network? Here are some suggestions:

- [Publish an article on your blog](#)
- [Post a blurb in your newsletter](#)
- [Share sample social media posts and graphics](#)
- [Use the web badge](#) to direct people to <http://go.cms.gov/c2c>
- **Include direct links on your website** to the C2C resources

Plan an event

Here are some event ideas to help your community go from coverage to care.

- Consider using the [C2C Community Presentation slides](#), the [presenter's guide](#), and the [resources handout](#) to help people learn about the C2C initiative and how to make the most of their coverage.
- Work with local hospitals, clinics, and health centers to add a C2C presentation to their roster of community education classes, and to include C2C materials as part of their community health fairs. Consider hosting an Awards Breakfast to recognize patients who have done an exceptional job managing their health coverage.
- Collaborate with community centers to incorporate a C2C presentation into their current activities or as a special event. Work with the person who coordinates the education classes or group meetings at your local clinic, adult education institution, civic club, or YMCA.
- Engage your local church or place of worship to share materials and an educational session.
- Host an educational web conference featuring C2C resources and products. Develop a session for a meeting or conference and consider using the [C2C presentation](#).
- Host a workshop to help people understand how to make the most of their health coverage.
- Hold a “Meet Your Provider” open house. Use C2C materials to talk with patients about how to prepare for their visit and what questions to ask.
- [Send us stories or videos](#) of how your organization uses C2C resources.

MATERIALS IN ENGLISH

Article for Blog or Other Publication

Publish this short article in your blog or other publication to inform the newly insured and others how to make the most of their coverage.

5 Ways to Make the Most of Your Health Coverage

In the United States, an estimated [12.7 million](#) people signed up for coverage in the 2016 Open Enrollment, allowing them to gain or renew access to the health coverage they need. 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 has created [resources](#) in multiple languages, available at no cost, to 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 to 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 *From Coverage to Care*, visit <http://go.cms.gov/c2c>.

This article was written by CMS and was printed, published, or produced and disseminated at U.S. taxpayer expense.

Newsletter Blurb

Use and adapt this blurb in your newsletter to tell members of your organization about C2C.

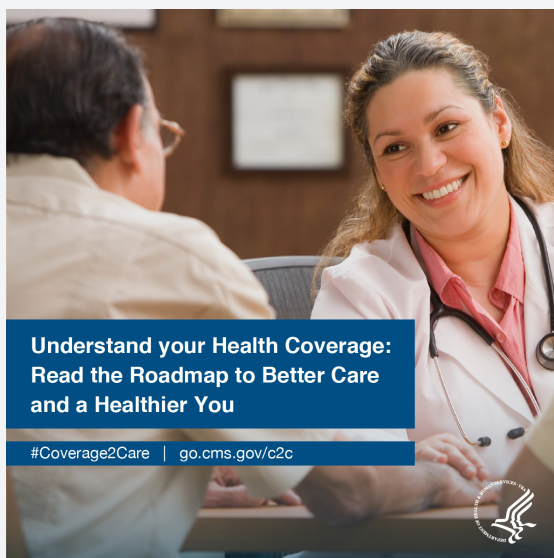
Read and share [resources](#), developed by the Centers for Medicare & Medicaid Services, to make the most of your health coverage and live a long healthy life. The materials, available in multiple languages, are part of the *From Coverage to Care* (C2C) initiative, which aims to help people understand their benefits and connect to a primary care provider and preventive services. Resources can be ordered and shipped at no cost. Learn more at: <http://go.cms.gov/c2c>.

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Sample Social Media Posts and Graphics

Use and adapt these sample posts and graphics to spread the word about C2C via your social media channels.

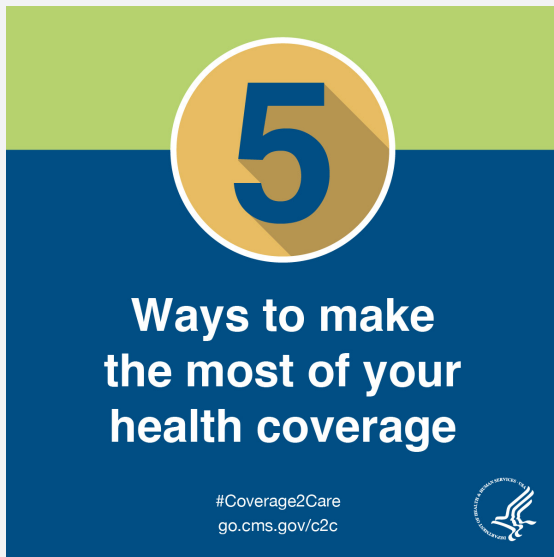
Facebook Posts for Consumers



Have questions about your health coverage? Check out the CMS “Roadmap for Better Care and a Healthier You” for a step-by-step guide on how to use it and what to expect.

<http://bit.ly/C2CRoadmap> #Coverage2Care

Note: This information was created by the Department of Health and Human Services at U.S. taxpayer expense.



Now that you have health coverage, here are five ways you can make the most of it to live a long, healthy life. Follow these simple steps to go from #Coverage2Care <http://go.cms.gov/c2c>

Note: This information was created by the Department of Health and Human Services at U.S. taxpayer expense.



Got coverage? Confirm your health coverage so you can use it when you need it. Contact your health plan and/or state Medicaid office to make sure your enrollment is complete.

<http://go.cms.gov/c2c> #Coverage2Care

Note: This information was created by the Department of Health and Human Services at U.S. taxpayer expense.



To make the most of your health coverage, know what health services are covered and what your costs will be. <http://go.cms.gov/c2c> #Coverage2Care

Note: This information was created by the Department of Health and Human Services at U.S. taxpayer expense.



**Have you found
a health care
provider?**

#Coverage2Care
go.cms.gov/c2c



To make the most of your health coverage, find a provider you can trust and work with them to get your recommended health screenings. Remember you can save money by choosing a provider in your health plan's network.

<http://go.cms.gov/c2c> #Coverage2Care

Note: This information was created by the Department of Health and Human Services at U.S. taxpayer expense.



**Have you made an
appointment with
your provider?**

#Coverage2Care
go.cms.gov/c2c



Don't be shy. Make an appointment and talk to your provider about preventive services — many of these are free. Ask questions about your concerns and what you can do to stay healthy.

<http://go.cms.gov/c2c> #Coverage2Care

Note: This information was created by the Department of Health and Human Services at U.S. taxpayer expense.



**Have you filled
your prescriptions?**

#Coverage2Care
go.cms.gov/c2c



Got coverage? Fill any prescriptions you need, and ask in advance how much your prescription costs and if there is a more affordable option.

<http://go.cms.gov/c2c> #Coverage2Care

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Web Badge



MATERIALS IN SPANISH

Article for Blog or Other Publication in Spanish

5 Maneras de aprovechar su cobertura médica

En EE.UU., se calcula que 12.7 millones de personas se han inscrito en un seguro médico y han obtenido o renovado el acceso al cuidado de salud que necesitan. Sin embargo, inscribirse en un seguro médico es sólo el primer paso. Para ayudarlo a pasar de la cobertura al cuidado de su salud, los Centros de Servicios de Medicare y Medicaid (CMS en inglés) han creado [recursos en español](#) que están disponibles sin costo. Estos recursos le ayudarán a entender sus beneficios y a conectarlo con un proveedor de atención primaria y con los servicios preventivos de salud.

Siga estos cinco consejos para aprovechar su cobertura médica:

1. **Confirme su cobertura médica:** Comuníquese con su seguro médico y/o con su oficina estatal de Medicaid para asegurarse que haya finalizado su inscripción. Pague su prima, si tiene una, para poder utilizar su cobertura médica cuando la necesite.
2. **Sepa dónde ir por respuestas:** Comuníquese con su seguro médico y averigüe qué servicios están cubiertos y cuáles tendrá que pagar. Consulte la [Guía para un mejor cuidado](#) para aprender sobre los términos clave de los seguros médicos.
3. **Busque un médico:** Seleccione un profesional de la salud que pertenezca a su red y que le haga las pruebas de salud necesarias. Recuerde que usted podría pagar más si visita a un médico que está fuera de su red.
4. **Haga una cita:** Confirme que su médico acepte su cobertura. Hable con su médico acerca de los servicios preventivos. Pregunte sobre sus preocupaciones y lo que puede hacer para mantenerse sano.
5. **Tramite sus recetas médicas:** Tramite cualquier receta que necesite. Algunos medicamentos cuestan más que otros. Pregunte antes cuánto cuestan y si hay una opción más económica.

Comparta [estos consejos](#) con su familia y sus amigos para que ellos también puedan aprovechar su cobertura médica y vivir una vida larga y sana. Además, consulte la [Guía para un mejor cuidado y una vida más saludable](#) que explica paso a paso cómo utilizar su cobertura médica y proporciona información más detallada sobre los seguros médicos. Para más información sobre la iniciativa *De la cobertura al cuidado de su salud*, visite: <http://bit.ly/c2cespanol>

Este contenido ha sido escrito por CMS y fue impreso, publicado, o producido y diseminado a expensas de los impuestos de los contribuyentes estadounidenses.

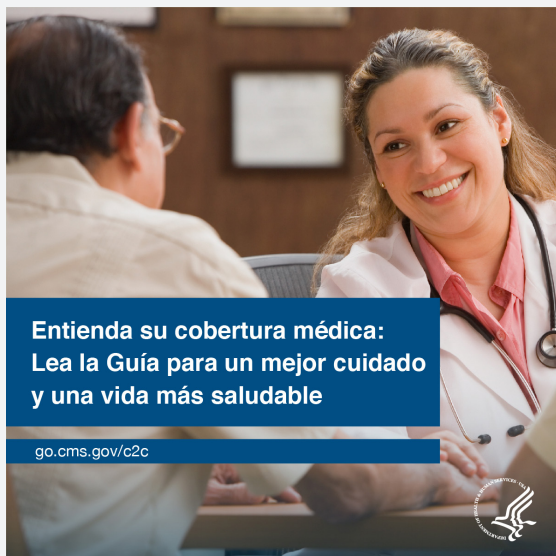
Newsletter Blurb in Spanish

Lea y comparta [los recursos en español](http://bit.ly/c2cespanol) de la campaña *De la cobertura al cuidado de su salud*, que le ayudarán a entender su cobertura médica y cómo conectarse con un proveedor de atención primaria y con los servicios preventivos de salud. Estos recursos, desarrollados por los Centros de Servicios de Medicare y Medicaid, son gratuitos para usted y organizaciones en su comunidad. Obtenga más información en: <http://bit.ly/c2cespanol>.

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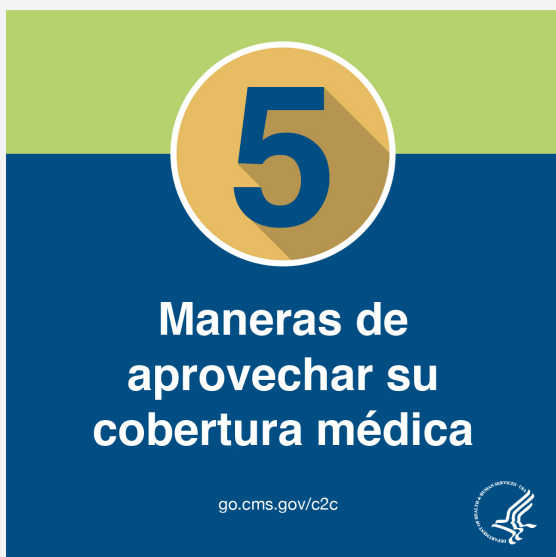
Sample Social Media Posts and Graphics in Spanish

Facebook Posts for Consumers



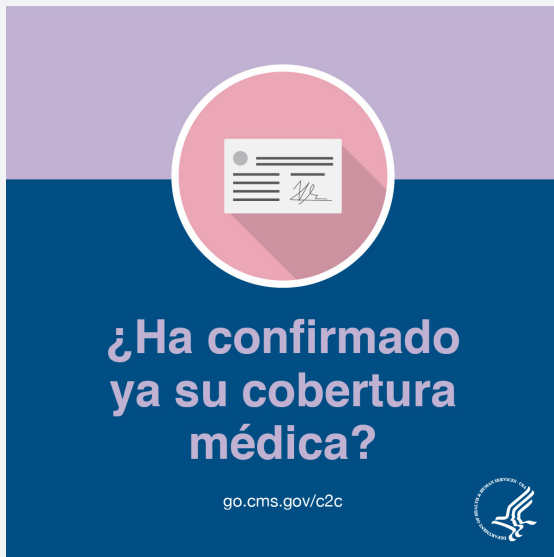
¿Tiene preguntas sobre su cobertura médica?
Revise la “Guía para un mejor cuidado y una
mejor salud” para entender cómo utilizar su
cobertura médica. <http://1.usa.gov/1MLcrLP>

*Nota: Esta información ha sido creada por el Departamento de Salud
y Servicios Humanos de EE. UU. a expensas de los impuestos de los
contribuyentes estadounidenses.*



Ahora que tiene cobertura médica, aquí hay 5
maneras de aprovecharla para vivir una vida
larga y sana <http://bit.ly/c2cespanol>

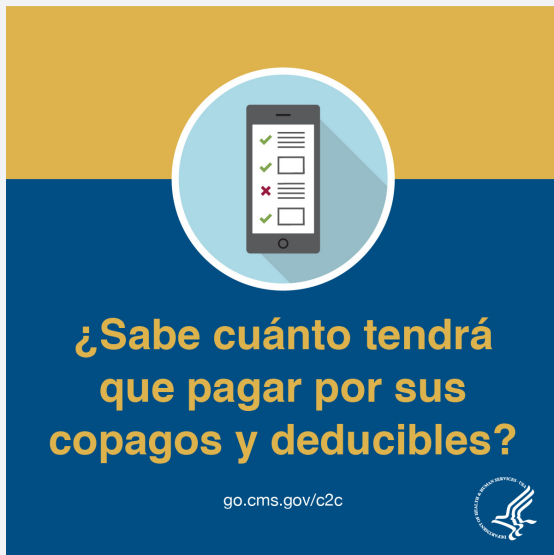
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contribuyentes estadounidenses.*



¿Tiene cobertura médica? Confirme su cobertura médica para poder utilizarla cuando la necesite. Comuníquese con su seguro médico y/o con su oficina estatal de Medicaid para asegurarse de haber finalizado su inscripción.

<http://bit.ly/c2cespanol>

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Para aprovechar su cobertura médica, sepa qué servicios de salud están cubiertos por su seguro médico y cuáles tendrá que pagar.

<http://bit.ly/c2cespanol>

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Para aprovechar su cobertura médica, busque un médico de confianza que le haga las pruebas de salud que sean necesarias. Recuerde que puede ahorrar dinero si selecciona un profesional de salud que pertenezca a su red.

<http://bit.ly/c2cespanol>

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No sea tímido. Haga una cita y hable con su médico acerca de los servicios preventivos de salud – muchos son gratuitos. Pregunte sobre sus preocupaciones y lo que puede hacer para mantenerse sano. <http://bit.ly/c2cespanol>

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¿Tiene cobertura médica? Tramite sus recetas médicas y pregunte antes cuánto cuestan y si hay una opción más económica. <http://bit.ly/c2cespanol>

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Note: This document was written by CMS and was printed, published, or produced and disseminated at U.S. taxpayer expense. The information is meant to be useful for community organizations that want to use From Coverage to Care as part of their consumer education and health literacy outreach efforts. Participation is voluntary and informal.

