



# COVERAGE TO CARE RESOURCES FOR COMMUNITY PRESENTATIONS

In addition to the information found in the *Roadmap to Better Care*, you may find these websites to be helpful.

Health Insurance Marketplace®: [healthcare.gov](https://healthcare.gov) or call 1-800-318-2596

Medicare: [medicare.gov](https://medicare.gov) or call 1-800-Medicare



Determine which preventive services you need

[health.gov/myhealthfinder](https://health.gov/myhealthfinder)



Be active your way

[health.gov/paguidelines](https://health.gov/paguidelines)



Physical activity basics

[cdc.gov/physicalactivity](https://cdc.gov/physicalactivity)



Nutrition basics

[cdc.gov/nutrition](https://cdc.gov/nutrition)



Learn how to eat healthy with MyPlate

[choosemyplate.gov](https://choosemyplate.gov)



Resources to promote mental health

[mentalhealth.gov](https://mentalhealth.gov)



Find a health center near you

[findahealthcenter.hrsa.gov](https://findahealthcenter.hrsa.gov)



Find a mental health provider

[findtreatment.samhsa.gov](https://findtreatment.samhsa.gov)

C2C Resources are available in print and online! [go.cms.gov/c2c](https://go.cms.gov/c2c)

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