

C2C ARTICLE FOR BLOG OR OTHER PUBLICATION

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>.

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