



From Coverage to Care: How to Use Health Coverage

Ashley Peddicord-Austin, CMS OMH

Stephanie Santana, HHS ODPHP

February 4, 2021



Marketplace Update

CMS Announces Special Enrollment Period in Response to COVID-19 Emergency

- This SEP will allow individuals and families in states with Marketplaces served by the HealthCare.gov platform to enroll in plan year (PY) 2021 health insurance coverage.
- Beginning February 15, 2021 through May 15, 2021, CMS will operationalize functionality to make this SEP available to all eligible consumers served by the HealthCare.gov platform who are submitting a new application or updating an existing application.
- Consumers seeking to take advantage of this SEP will then be able to find out if they are eligible for this SEP by visiting HealthCare.gov, and are no longer limited to calling the Marketplace call center to access it.
- State-based Marketplaces (SBMs) operating their own platform have the opportunity to take similar action within their states.
- **Executive Order:** <https://www.whitehouse.gov/briefing-room/presidential-actions/2021/01/28/executive-order-on-strengthening-medicaid-and-the-affordable-care-act/>
- **Press Release:** <https://www.hhs.gov/about/news/2021/01/28/hhs-announces-marketplace-special-enrollment-period-for-covid-19-public-health-emergency.html>
- **Fact Sheet:** <https://www.cms.gov/newsroom/fact-sheets/2021-special-enrollment-period-response-covid-19-emergency>

Agenda

Welcome & Logistics

Helping Consumers Make the Most of Their Health Coverage

MyHealthfinder

How to Get Involved

Question & Answer Session



CMS Office of Minority Health



From Coverage to Care



CMS Office of Minority Health

Mission

To ensure that the voices and the needs of the populations we represent (racial and ethnic minorities, sexual and gender minorities, rural populations, people with limited English proficiency, and people with disabilities) are present as the Agency is developing, implementing, and evaluating its programs and policies.

Vision

All CMS beneficiaries have achieved their highest level of health, and disparities in health care quality and access have been eliminated.

go.cms.gov/omh
OMH@cms.hhs.gov

From Coverage to Care

From Coverage to Care (C2C)



What is C2C?

C2C aims to help individuals understand their health coverage and connect to primary care and the preventive services that are right for them, so they can live a long and healthy life.

[En Español](#)

[CMS Equity Plan for Medicare](#)

[From Coverage to Care](#)

[C2C Consumer Resources](#)

[COVID-19 Resources](#)

[Prevention Resources](#)

[5 Ways to Make the Most of Your Coverage](#)

[Roadmap to Better Care](#)

[C2C Partner Resources](#)

[Get Involved](#)

[Connected Care:](#)

From Coverage to Care

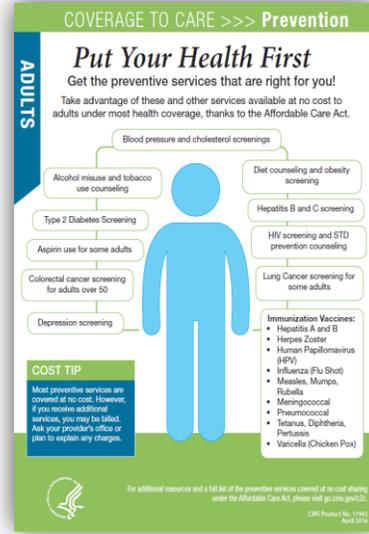
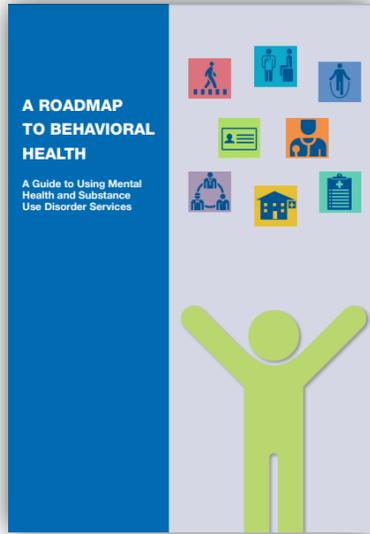


Spotlight

New COVID-19 Resources to Stay Safe and Healthy

From Coverage to Care has resources to help you and your family stay safe during the 2019 Novel Coronavirus pandemic (COVID-19) and get the care you need from home.

[View C2C COVID-19 Materials](#)



C2C Resources

- 5 Ways to Make the Most of Your Health Coverage
- Prevention Resources
- Roadmap to Behavioral Health
- Manage Your Health Care Costs
- Enrollment Toolkit
- Partner Toolkit and Community Presentation



5 Ways to Make the Most of Your Health Coverage

- Quick reference material to start the journey from coverage to care.
- Available in Arabic, Chinese, English, Haitian Creole, Korean, Russian, Spanish, and Vietnamese.



My Health Coverage at-a-Glance

Plan Information

Plan name ▼	Group number ▼	Member ID number ▼
<input type="text"/>	<input type="text"/>	<input type="text"/>
Website ▼	Phone number ▼	Other ▼
<input type="text"/>	<input type="text"/>	<input type="text"/>

Know what you pay for care

 Premium The payment you make to a health insurance company or plan for your coverage. This is usually paid each month to keep your coverage.	Cost ▼ <input type="text"/> \$ or n/a per month/year/etc.
 Deductible The amount you pay for health care services before your health plan begins to pay.	Cost ▼ <input type="text"/> \$ or n/a <small>Services I can get before I meet my deductible. This includes preventive services, like flu shot, pap test, and colorectal cancer test, etc.</small>
 Copayment (Copay) A set amount you pay for a medical service or supply. There may be different costs for a doctor's visit, hospital outpatient visit, or prescription.	Primary care copay ▼ <input type="text"/> \$ or n/a Specialist copay ▼ <input type="text"/> \$ or n/a Prescription ▼ <input type="text"/> \$ or n/a Hospital copay ▼ <input type="text"/> \$ or n/a
 Coinsurance A portion you pay as your share of the cost for services after you pay any deductibles.	Primary coinsurance ▼ <input type="text"/> \$ or n/a Specialist coinsurance ▼ <input type="text"/> \$ or n/a Prescription coinsurance ▼ <input type="text"/> \$ or n/a Hospital coinsurance ▼ <input type="text"/> \$ or n/a
 Out-of-pocket maximum The most you pay before your plan starts to pay 100% for covered services in a plan year.	Out-of-pocket maximum ▼ <input type="text"/> \$ or n/a <small>Enter current maximum and note if it includes deductible and other costs.</small>
 Preventive services Routine health care screenings, check-ups, and vaccines. For example, flu shots, depression screenings, and blood pressure tests.	Cost ▼ <input type="text"/> \$ or n/a <small>\$0 (for most plans, adjust if needed)</small>

My Health Coverage at-a-Glance

- Response to requests for personalized information
- Gathered feedback from partners
- Customize to the consumer

Includes:

- Plan Information
- Know what you pay for care
- Know where to go for care
- Dates to remember, notes

How to Maximize Your Health Coverage

Animated videos

- Confirm Your Coverage
- Know Where to Go for Answers
- Find a Provider
- Make an Appointment
- Fill Your Prescriptions

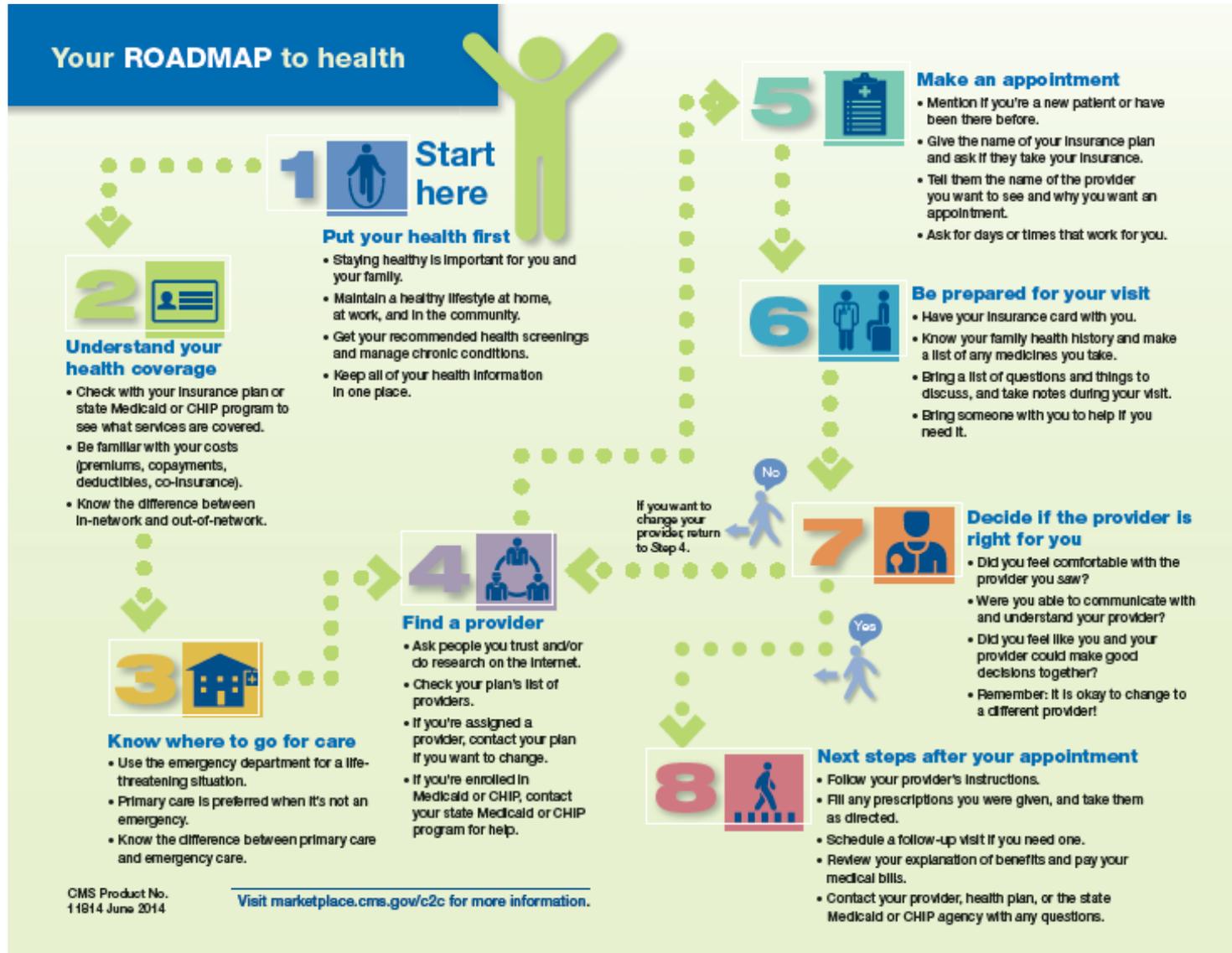
All available in English and Spanish



How to Use Health Coverage



Roadmap to Better Care and a Healthier You



- Explains what health coverage is and how to use it to get primary care and preventive services
- Consumer tools:
 - Insurance card
 - Primary care vs. Emergency care
 - Explanation of Benefits
- Available in 8 languages, Tribal version, Customizable version
- Currently being updated; check the C2C website for the latest version

1. Put Your Health First

Key Points for Consumers

- Staying healthy is important for you and your family.
- Maintain a healthy lifestyle at home, at work, and in the community.
- Get your recommend health screenings and manage chronic conditions.
- Keep all of your health information in one place.
- While coverage is important, **there's no substitute for living a healthy lifestyle.**



COVERAGE TO CARE >>> Prevention

MEN

Put Your Health First
Get the preventive services that are right for you!
Take advantage of these and other services available at no cost to men under most health coverage.

Blood pressure and cholesterol screening

Alcohol misuse and tobacco use counseling

Abdominal aortic aneurysm screening for some men

Type 2 Diabetes screening

HIV screening and STD prevention counseling

Aspirin use for some men

Diet counseling and obesity screening

Colorectal cancer screening for men over 50

Depression screening

Immunization Vaccines:

- Hepatitis A
- Hepatitis B
- Herpes Zoster
- HPV
- Influenza (Flu Shot)
- Meningococcal
- Pneumococcal
- Tetanus, Diphtheria, Pertussis
- Varicella (Chicken Pox)

COST TIP
Most preventive services are covered at no cost. However, if you receive additional services, you may be billed. Ask your provider's office or plan to explain any charges.

For additional resources and a full list of the preventive services covered at no cost sharing under most health plans, please visit go.cms.gov/c2c.
CMS Product No. 11945 September 2017

COVERAGE TO CARE >>> Prevention

WOMEN

Put Your Health First
Get the preventive services that are right for you!
Take advantage of these and other services available at no cost to women under most health coverage.

Well woman visits

Domestic and interpersonal violence screening and counseling

Contraception

Alcohol misuse and tobacco use counseling

Breast Health: BRCA counseling, Mammography screening, Chemoprevention counseling

Osteoporosis screening

Breastfeeding support, counseling, and supplies

Cervical cancer screening

Folic acid supplements for women who may become pregnant

STD screenings including chlamydia, gonorrhea, HPV, and HIV

Prenatal Care Screenings:

- Anemia
- UTI
- Gestational Diabetes
- Hepatitis B
- Rh Incompatibility
- Syphilis

COST TIP
Most preventive services are covered at no cost. However, if you receive additional services, you may be billed. Ask your provider's office or plan to explain any charges.

For additional resources and a full list of the preventive services covered at no cost sharing under most health plans, please visit go.cms.gov/c2c.
CMS Product No. 11945 September 2017

COVERAGE TO CARE >>> Prevention

CHILDREN

Put Your Health First
Get the preventive services that are right for you!
Take advantage of these and other services available at no cost to you under most health coverage.

Developmental screening and Autism screening

Blood pressure screening

Height and weight measurements

Depression screening

Lead screening for at-risk children

Developmental screening

Vision screening

Obesity screening and counseling

Oral health risk assessment, including fluoride supplements for some children

Immunization Vaccines:

- Diphtheria, Tetanus, Pertussis
- Haemophilus influenzae type B
- Hepatitis A & B
- HPV
- Inactivated poliovirus
- Influenza (Flu Shot)
- Measles, Mumps, Rubella
- Meningococcal
- Pneumococcal
- Rotavirus
- Varicella (Chicken Pox)

COST TIP
Most preventive services are covered at no cost. However, if you receive additional services, you may be billed. Ask your provider's office or plan to explain any charges.

For additional resources and a full list of the preventive services covered at no cost sharing under most health plans, please visit go.cms.gov/c2c.
CMS Product No. 11946 September 2017

“Put Your Health First” Prevention Resources

- Available for Men, Women, Adults, Babies, Children, and Teens
- Focus on prevention and healthy living, and can be shared with consumers, reposted online, printed or ordered.

2. Understanding Your Health Coverage

Key Points for Consumers

- Review your plan to see what services are covered.
- Know the difference between in-network and out-of-network.
- Understand your out of pocket costs.
- Understand key insurance terms
 - **Premium** is a payment made, usually monthly, to an insurance company for your coverage.
 - **Deductible** is the amount you owe for health care services before your plan will start paying for your care. Note: May not apply to all services.
 - **Copayment** (Copay) is a fixed amount you pay for a covered health care service or supply. For example, \$15 for a doctor visit.
 - **Coinsurance** is your share (a percent) of the costs of a covered service. For example, if your coinsurance is 20%, and the service cost \$100, you pay \$20.



2. Understanding Your Health Coverage

Key Points for Consumers

- You should receive a membership package and insurance card from your health plan or your state Medicaid or CHIP program.
 - If you can't read or understand it, call and ask them to explain it to you.



Plan type 4	Member Name: Jane Doe 1
Effective date	Member Number: XXX-XX-XXX 2
	Group Number: XXXXX-XXX 3
Prescription Group # XXXXX	PCP Copay \$15.00 5
Prescription Copay 7	Specialist Copay \$25.00
\$15.00 Generic	Emergency Room Copay \$75.00
\$20.00 Name brand	
	Member Service: 800-XXX-XXXX 6

3. Know Where to Go for Care

Key Points for Consumers

- Although you can get health care from many different places, it's best for you to get routine care and recommended preventive services from a primary care provider.
- If you have an emergency or life-threatening situation, call **9-1-1**.
- There are big differences between visits to your primary care provider and visits to the emergency department, such as cost, time spent waiting for care, and follow up.



3. Know Where to Go for Care

Primary Care Provider	Emergency Department
Go when you feel sick and when you feel well	Only go when you're injured or very sick
Pay your primary care copay	Likely pay a copay, co-insurance, and have to meet your deductible
Call ahead to make an appointment	Show up when you need to and wait until they can get to you
Usually see the same provider every time	See the provider who is working that day
Provider will usually have access to your health records	Provider probably won't have access to your health records

4. Find a Provider

Key Points for Consumers

- A **primary care provider (PCP)** is who you'll see for most health problems. They will also work with you to get your recommended screenings, keep your health records, help you manage chronic conditions, and link you to other types of providers if you need them.
- A **specialist** will see you for certain services or to treat specific conditions. These include: cardiologists, psychologists, allergists, etc.
- You may need a **referral** from your PCP before you go to a specialist in order to have your health plan pay for your visit.



4. Find a Provider

Key Points for Consumers

1. Identify providers in your network

- Call your insurance company or state Medicaid and CHIP program or look at their website to find providers in your network who take your health coverage.

2. Ask around

- Ask your friends or family if they have providers they like and what they like about them.

3. Pick a provider

- Call the provider's office and ask questions. (e.g., Is the provider accepting new patients or patients with your health coverage?)

4. Give them a try



5. Make an Appointment

Key Points for Consumers

- When you make your appointment, have your insurance card or other documentation handy and know what you want.
- Mention:
 - Your name and if you're a new patient
 - Why you want to see the provider
 - The name of your insurance plan
 - The name of the provider you'd like to see
 - If you have a specific need (like translation or accessible medical equipment)
 - The days and times that work for you



6. Be Prepared for Your Visit

Key Points for Consumers

- If this is your first visit to a new provider or you are using new health coverage, you will need to bring a few things with you:
 - Insurance card or other documentation
 - Photo identification
 - Completed forms
 - Your copay, if you have one. Ask for a receipt for your records.
- It is important to **show up early** for your appointment.



6. Be Prepared for Your Visit

Key Points for Consumers

- The staff may ask you to fill out additional forms and to read over their privacy policy, which tells you how they will keep your information private.
- If you need to change your appointment, **contact your provider's office as soon as possible** to avoid costs.
- When you see your provider, it is helpful to share your **family health history, any available medical records, medications you are taking**, and **questions or concerns** you may have about your health.



6. Be Prepared for Your Visit

Key Points for Consumers

- You should be able to answer questions like these before you leave your provider's office:
 - How is my health? What can I do to stay healthy?
 - What do I do next? Do I need blood work or another test?
 - If I need to take medicine, when do I take it and how much do I take? Are there any side effects? Is a generic option available?
- Ask your provider for written materials you can take home and read. Don't leave until all of your questions have been answered and you understand what to do next.



7. Decide if the Provider is Right for You

Key Points for Consumers

- Your health and well-being are important and personal. You should have a provider that you can work with, trust, and feel comfortable talking to.
- If you were assigned a provider and you want to try someone else, call your health plan or go to their website to make that change.



7. Decide if the Provider is Right for You

Key Points for Consumers

- Did your provider pay attention to what you had to say and speak in a way that made you comfortable?
- Did they provide any assistance you asked for? Could you move around in the office and use the medical equipment without barriers?
- Did you feel you were treated fairly by your provider and the office staff?
- Could you contact your provider or the office staff if you needed to ask a question?



8. Next Steps

Key Points for Consumers

- Follow through with your provider's recommendations.
- After you visit your provider, you may receive an Explanation of Benefits (EOB) from your insurer.
- Pay your bills and keep any paperwork.
- Fill any prescriptions you need.
- If you have questions between visits, call your provider.



Explanation of Benefits (EOB)

Customer service: 1-800-123-4567



Statement date: XXXXXX
Document number: XXXXXXXXXXXXXXXXXXXX

Member name:
Address:
City, State, Zip:

THIS IS NOT A BILL

Subscriber number: XXXXXXXXX ID: XXXXXXXXX Group: ABCDE Group number: XXXXXX

Patient name: _____ Date received: _____ **5** Provider: _____ Payee: _____ Claim number: XXXXXXXXXXXX Date paid: XXXXXXXX

Claim Detail				What your provider can charge you		Your responsibility			Total Claim Cost		
Line No.	Date of Service	1 Service Description	Claim Status	2 Provider Charges	3 Allowed Charges	Co-Pay	Deductible	Co-Insurance	4 Paid by Insurer	6 What You Owe	7 Remark Code
1	3/20/14–3/20/14	Medical care	Paid	\$31.60	\$2.15	\$0.00	\$0.00	\$0.00	\$2.15	\$0.00	PDC
2	3/20/14–3/20/14	Medical care	Paid	\$375.00	\$118.12	\$35.00	\$0.00	\$0.00	\$83.12	\$35.00	PDC
			Total	\$406.60	\$120.27	\$35.00	\$0.00	\$0.00	\$85.27	\$35.00	

Remark Code: PDC—Billed amount is higher than the maximum payment insurance allows. The payment is for the allowed amount.

Explanation of Benefits

It's a summary of health care charges from the care you or those covered under your policy received.

It is NOT A BILL!



New Resources on COVID-19

go.cms.gov/c2ccovid19

C2C From Coverage to Care

CORONAVIRUS AND YOUR HEALTH COVERAGE: GET THE BASICS

PROTECTING YOU AND YOUR FAMILY

Here are the important steps you should take to protect you and your family from COVID-19.

- Stay home if possible.
- Wash your hands often for at least twenty seconds.
- Avoid close contact with people who are sick.
- Clean and disinfect frequently touched surfaces.
- Avoid travel, including all cruise travel and non-essential air travel.
- Wear a face covering! Try these from the CDC.
- Learn more about health: [hhs.gov](https://www.hhs.gov)

Contact your health care professional if you have concerns about COVID-19 or if you are sick. Call first!

MANAGING STRESS

Here are a few ways the CDC recommends managing stress during these challenging times:

- Take breaks from watching, reading, or listening to news videos and social media.
- Contact with others. Talk with friends and loved ones over the phone or via video chat about your concerns and how you are feeling.

Take care of yourself. Take deep breaths, stretch, or meditate. Try to eat healthy meals, exercise regularly, and get plenty of sleep.

WATCH OUT FOR SCAMS

Protect your identity from scammers!

It's easy to get distracted and let your guard down during these uncertain times. Scammers may try to steal your personal information. They might be about sending you messages or surveys, texts, emails, or other forms to exchange for your personal information.

- Only share your information with your care provider's office, pharmacy, hospital, health insurer, or other trusted health care provider.
- Check your identity summary forms or Explanation of Benefits for errors.
- It is important to never guard your insurance card like a credit card.

Remember, Medicare will never call you to ask for or check your Medicare number.

Learn more: [Medicare.gov/traad](https://www.Medicare.gov/traad).

UPDATES FROM MEDICARE:

- Telehealth:** During COVID-19, Medicare expanded access to telehealth services. This includes common office visits, mental health counseling, and preventive screenings. The way doctors and other providers can offer services without patients going to the office. Contact your care provider to learn more.
- Life tests for COVID-19:** You pay no out-of-pocket costs.
- All medically necessary hospitalizations:** This includes if you're diagnosed with COVID-19 and need to stay in the hospital under quarantine instead of being discharged from the hospital after an outpatient stay.

Remember: If you need to see your doctor, please call them first. If you develop emergency warning signs for COVID-19, get medical attention immediately.

Learn more: [Medicare.gov](https://www.Medicare.gov)

WHAT IS COVERED?

- If you already have coverage through the Marketplace, the coverage for coronavirus is generally the same as any other viral infection.
- Find more about what Marketplace plans cover.

Check with your health insurance company for specific benefits and coverage policy.

HealthCare.gov

REMINDERS:

- All Marketplace plans are prohibited from excluding coverage because of pre-existing conditions.
- Plans cannot and coverage due to a change in health status.
- Log in to update your information if you have changes in address, household income, job, or household size.
- You may be able to change your plan if certain situations apply.

Contact your state office to learn more on Medicaid updates.

HealthCare.gov SPECIAL ENROLLMENT PERIODS:

Some life changes can allow you to enroll in a plan for the first time or change your plan. Answer a few questions to find out if you can enroll in or change your coverage.

Here are a few common ways:

- Lost health coverage
- Change in household income
- Got married
- Had a baby
- Changes in household (dependent, death, divorce)
- Changes in address
- Released from incarceration
- Granted citizenship or lawful presence in U.S.

NEED MORE INFO?

Visit these sites to learn more:

- Consumer.gov
- CDC: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- Medicare: <https://www.medicare.gov/medicare-coronavirus>
- Marketplace: <https://www.healthcare.gov/coronavirus/>
- Medicaid: <https://www.medicare.gov/resources-for-states/18states.html>
- COVID-19 Relief and Economic Impact Payments: <https://www.irs.gov/coronavirus-tax-relief-and-economic-impact-payments>

Need local info on food, transportation, testing, and more? Call 3-1-1.

Coronavirus and Your Health Coverage: Get the Basics

This resource talks about how to protect yourself and your family. It also provides an overview on updates from Medicare, the Marketplace, and other information for consumers looking for information on health coverage and staying healthy during the COVID-19 pandemic.

Stay Safe: Get the Care You Need, at Home

C2C From Coverage to Care

STAY SAFE GETTING THE CARE YOU NEED, AT HOME

GET CARE AT HOME

Learn how to get the care you need from your home.

- Sick? Call your care provider first.
- Call your care provider's office to confirm they accept your health coverage. If they do not, see the Roadmap to Better Care and a Healthier You for tips on finding a care provider who accepts your coverage.
- Many telehealth options are available for many health needs, including regular office visits.

TIME FOR A PRESCRIPTION (RX)?

- Plan ahead.
- Ask for a 90-day supply of medication, when possible.
- Consider mail delivery for your prescription medications. Check with your plan ahead of time to avoid any delay in delivery.
- Ask a local pharmacy for alternative delivery options.
- Don't exchange cash! Pay online or over the phone to a trusted pharmacy, if possible.

LEARN ABOUT TELEHEALTH

What is telehealth?

Many regular health care services can be handled over the phone, a portal, app, or other option. Even if your provider didn't offer telehealth in the past, many are now. Call your care provider to ask about your options.

- Talk to your doctor live over the phone or video chat.
- Send and receive messages from your doctor using chat messaging, email, secure messaging, and secure file exchange, like a patient portal.
- Use remote patient monitoring to share health information with your provider.

WHAT IS AVAILABLE?

You might be surprised by the variety of care you can get through telehealth or other communication technology based services. Your doctor will decide whether telehealth is appropriate for your health needs. For example, you may be able to get:

- **General health care, like wellness visits**
- **Prescriptions for medicine**
- **Dermatology care**
- **Nutrition counseling**
- **Mental health counseling**
- **Urgent care** to address conditions such as rashes, back pain, other heat illnesses, common rashes, etc.
- **Remote monitoring services** to inform your doctor's treatment of an ongoing or acute illness.

HOW?

- Call your care provider's office to see if they offer telehealth.
- Your health insurance company may also help connect you with telehealth services.
- Make sure your care provider takes your coverage. You may still have a copay or deductible. Check with your care provider's office or insurance company.
- If you don't have coverage, some health centers offer health care over the phone or video. Use this tool to find a health center near you, and ask if they provide telehealth.

Need more info on telehealth and how to prepare for a visit? Go to telehealth.hhs.gov.

STAYING HEALTHY

Be active in your health care by taking care of yourself and your family. Exercise, diet, sleep, and relaxation are important parts of staying healthy.

Here are some resources to help you manage your health:

- MentalHealth.gov for more information about mental health.
- ChooseMyPlate.gov and the [MyPlate app](https://MyPlate.app) have information on healthy eating, recipes, and more.
- MilesToWalksMyApp.com can help keep your heart healthy, including managing high blood pressure, cholesterol, and other heart health information.
- If you have Medicare, your provider may help you manage your chronic (ongoing) conditions. Ask your doctor about chronic care management services or visit my.medicare.gov.
- Need localized information on food, transportation, testing, and more? Call 3-1-1.

Plan 30 by the U.S. Department of Health and Human Services
November 2020, July 2022
Publication # 2020

Stay Safe: Getting the Care You Need, at Home focuses on how people can stay healthy within their home.

This resource gives an overview of telehealth, managing ongoing health conditions, prescriptions, and other tips.



Office of
Disease Prevention
and Health Promotion



MyHealthfinder: A Health Prevention Tool

Presented by

Stephanie Santana

Public Health Analyst, Office of Disease
Prevention and Health Promotion

February 4, 2021



About the Office of Disease Prevention and Health Promotion (ODPHP)

- Initiatives include Healthy People, Dietary Guidelines for Americans, Physical Activity Guidelines for Americans, Health Literacy, and the President's Council on Sports, Fitness & Nutrition
- Part of the Office of the Assistant Secretary for Health within the Office of the Secretary at HHS
- Coordinates disease prevention and health promotion work across HHS

What is MyHealthfinder?



- MyHealthfinder was first developed in 2008 in collaboration with the Agency for Healthcare Research and Quality (AHRQ).
- It is an interactive tool on health.gov that provides tailored recommendations for clinical services based on:
 - Age
 - Sex
 - Pregnancy status
- NEW since 2020: Smoke status + sexual activity status

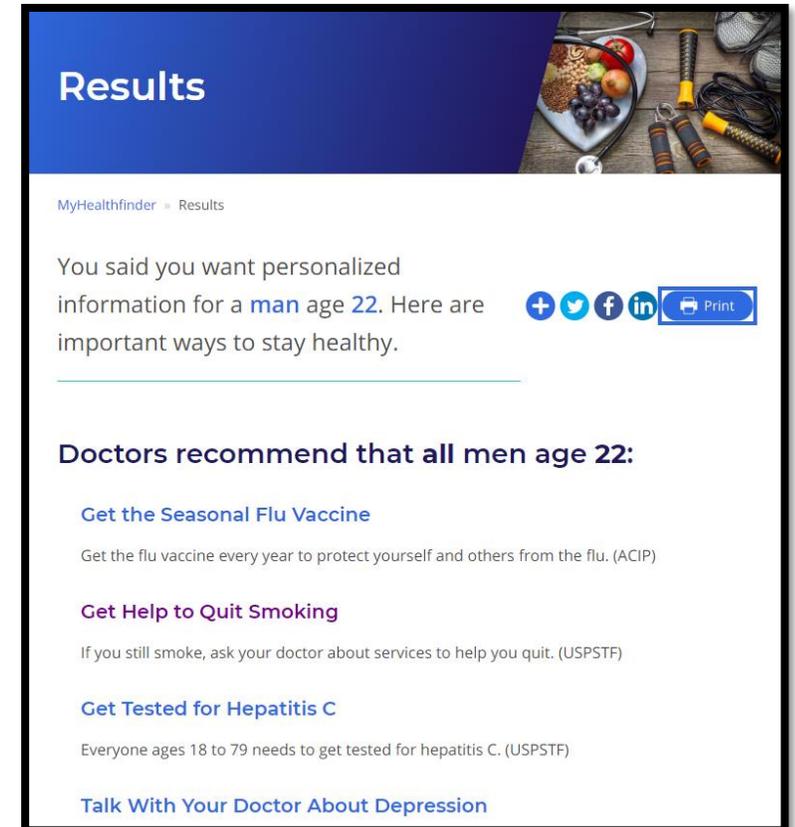
Recommendations largely come from:



- The U.S. Preventive Services Task Force (USPSTF)
- The Advisory Committee on Immunization Practices (ACIP)
- The Health Resources and Services Administration (HRSA) as advised by organizations, including the American Academy of Pediatrics (through the Bright Futures cooperative agreement) and the National Academies of Sciences, Engineering, and Medicine (formerly IOM)
- Dietary Guidelines for Americans
- Physical Activity Guidelines for Americans

MyHealthfinder Content is...

- Designed using health literacy principles
- Vetted by HHS subject matter experts
- Clearly organized, easy to navigate, and has easy-to-read resources
- Evidence-based and prevention focused
- Translates federal prevention guidance into actionable health information for consumers
- Available in Spanish

A screenshot of the MyHealthfinder 'Results' page. The page has a blue header with the word 'Results' in white. Below the header is a navigation breadcrumb 'MyHealthfinder » Results'. The main content area features a personalized message: 'You said you want personalized information for a man age 22. Here are important ways to stay healthy.' To the right of this message are social media icons for a plus sign, Twitter, Facebook, and LinkedIn, along with a 'Print' button. Below the message is a section titled 'Doctors recommend that all men age 22:' followed by four recommendations, each with a link and a brief description: 'Get the Seasonal Flu Vaccine' (Get the flu vaccine every year to protect yourself and others from the flu. (ACIP)), 'Get Help to Quit Smoking' (If you still smoke, ask your doctor about services to help you quit. (USPSTF)), 'Get Tested for Hepatitis C' (Everyone ages 18 to 79 needs to get tested for hepatitis C. (USPSTF)), and 'Talk With Your Doctor About Depression'. The background of the screenshot shows a wooden surface with various items like a bowl of fruit, a hammer, and a wrench.

MyHealthfinder provides what you need to know, *why* it's important, and *how* to take action

Get Your Well-Woman Visit Every Year

MyHealthfinder » Topics » Everyday Healthy Living » Sexual Health » Get Your Well Woman Visit Every Year

Browse Sections

Overview

The Basics

- Overview
- What to Expect
- Take Action**
- Get Ready
- Ask about Screenings
- Follow Up

Overview

with your doctor or nurse every year. The well-woman visit is a chance to stay healthy.

ull checkup, separate from any other visit for sickness or preventive care for women, which may include:

- improve your health by preventing diseases and other health
- medical tests to check for diseases early when they may be easier to
- g to help you make informed health decisions

What to Expect

Take Action

Get Ready

Ask about Screenings

Follow Up

What is a well-woman visit?

Your well-woman visit is a chance to focus on your overall health and wellness. There are 3 main goals for the visit:

1. Documenting your health habits and history
2. Getting a physical exam

Take Action: Get Ready

Take these steps to get the most out of your well-woman visit.

Know your family health history.

Your family's health history is an important part of your personal health record. [Use this family health history tool](#) to keep track of conditions that run in your family.

Be prepared to tell your doctor or nurse this information during your well-woman visit. Don't forget to share any new health problems in your family since your last visit.

Make a list of questions for your doctor.

This visit is a great time to ask the doctor or nurse any questions about:

- Birth control options
- Sexually transmitted diseases (STDs)
- Preparing to get pregnant
- Menopause
- Your safety and relationships
- Anxiety, depression, or other mental health issues

How you can take action with MyHealthfinder

- Utilize MyHealthfinder widgets and badges on your organization's site. Find them at: <https://health.gov/our-work/health-literacy/consumer-health-content/free-web-content/health-widgets-badges>
- Share the tool with your network. Follow us on Twitter (@HealthGov) to help retweet our MyHealthfinder resources

Examples of how we align messaging with national health observances



Connect with us.

Stephanie.Santana@hhs.gov
ODPHP Twitter: @HealthGov
ODPHP Facebook: /HHSHealthGov



How to Get Involved



Using C2C Resources

Start the Conversation. Use the Roadmap as a tool to help people understand their new coverage and understand the importance of getting the right preventive services.

Help Consumers Understand. The Roadmap has a lot of information for consumers. You can help them use it as a resource to refer back to as they journey to better health and well-being.

Personalize It. You know your community. Consider adding local resources and information.



Who in your community is using C2C resources?

- Congressional Offices
- Voter Rights Organizations
- Legal Aid Societies
- Universities
- United Way
- SHIP Counselors
- Primary Care Associations
- Dialysis Facilities
- Ryan White Providers
- Justice System
- Community Health Centers
- Hospitals
- Insurance Companies
- State and County Health Departments
- Area Agencies on Aging
- Tribal Organizations
- Assistors and Brokers
- Libraries
- Faith-Based Organizations

How To Get Involved

Use the Partner Toolkit

- Ideas on how to get involved: events to host in your community, sample text to use in a blog, newsletter, social media posts and graphics, and a web badge.
- All available in English and Spanish

Use the C2C Community Presentation

- Overview of the Roadmap and all 8 steps, including slides, script, and a handout
- Available in English and Spanish

Order and share C2C resources at no cost to your organization.

Send stories to coveragetocare@cms.hhs.gov.

**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.

go.cms.gov/c2c #Coverage2Care 1

Product Ordering

Centers for Medicare & Medicaid Services



Username:

[Forgot your Username or Password?](#)

Password:

[Sign in >>](#)

[Request an Account](#)

Product Ordering

A federal government website managed by the Centers for Medicare & Medicaid Services
7500 Security Boulevard, Baltimore, MD 21244



productordering.cms.hhs.gov



THANK YOU

Visit our website:

go.cms.gov/c2c

Contact us:

CoverageToCare@cms.hhs.gov

C2C Listserv:

<http://bit.ly/CMSOMH>

MyHealthfinder:

Stephanie.Santana@hhs.gov

ODPHP Twitter: @HealthGov

ODPHP Facebook: /HHSHealthGov