Get Ready for Open Enrollment 2021
Open enrollment for coverage in a 2021 Qualified Health Plan runs from November 1 to December 15. New consumers and those who want to change their health plan coverage must do so during this time. Groups must also re-certify during the open enrollment period to encourage consumers to get ready for 2021.

We’re Here For You! Extended Special Enrollment Period Overlaps with 2021 Open Enrollment Period to Offer More Coverage Options
For NY State of Health consumers, the extended special enrollment period (SEP) for those who have self-funded insurance will match the 2021 open enrollment period. The extended special enrollment period will be from November 1-December 15, 2020. If you have self-funded insurance, you may be eligible for the extended special enrollment period to help you with your health plan.

At Your Service: Diabetes Self-Management Education and Support (DSME) Services
Did you know that diabetes affects 1 in 3 New Yorkers? The good news is that you can take steps to prevent Type 2 diabetes and live a healthy life.
• Maintain a healthy diet.
• Exercise daily.
• Take your medications as prescribed.
• Get regular health checks.

Diabetes, a chronic disease, is the leading cause of vision loss, kidney failure, nerve damage, heart disease, and amputations among adults. It is important to recognize the risk factors associated with Type 2 Diabetes.

What can you do?
• Take control of your diabetes.
• Keep a healthy diet.
• Increase exercise.

Did you know…?
• Diabetes increases the risk for long-term health problems like heart disease, kidney disease, and eye disease.
• It is estimated that 1 in 7 New Yorkers has diabetes.
• One out of every four adults who have diabetes doesn’t know it.

• You can avoid diabetes or delay its onset through lifestyle changes.
• Exercise and diet can prevent or delay Type 2 diabetes.

Functioning well-stars are used to help add emphasis and create focus on key facts. To keep your blood sugar levels normal, you must eat a healthy diet and exercise daily.

2021 Plan Options Now Available for Viewing

Reminder email messages will go out to consumers before and during the open enrollment period to encourage consumers to get ready, to shop, and to select health insurance dates. The online enrollment platform will also have a no-cost to access page in case consumers are unable to complete online enrollment.

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