



FAST FACTS

After graduation, will you be covered?

As graduation approaches, now is the time to start thinking about your health insurance options.



Online at
nystateofhealth.ny.gov



By phone at
 1-855-355-5777

TTY
 1-800-662-1220



Visit an In-Person Assistor

NY State of Health complies with applicable Federal civil rights laws and state laws and does not discriminate on the basis of race, color, national origin, creed/religion, sex, age, marital/family status, disability, arrest record, criminal conviction(s), gender identity, sexual orientation, predisposing genetic characteristics, military status, domestic violence victim status and/or retaliation.

As a young adult, you have choices:

- stay on your parent's health insurance plan
- buy your own health insurance plan
- get health insurance through a new job

If you decide to get your own health insurance, you'll find lots of choices at NY State of Health. There are many plans at different coverage levels and all plans cover health services such as yearly check-ups, flu shots, emergency services, mental health services and prescription drugs. You may be surprised how affordable coverage can be. Depending on your income, coverage may be free.

If you are seeking a health plan through NY State of Health outside of the Open Enrollment Period, you may still be eligible to enroll in a health plan this year if you qualify for free or low-cost coverage, or if you enroll within 60 days of a Qualifying Life Event.

Qualifying Life Events include:

- no longer eligible to stay on your parent's health plan
- loss of other health insurance
- a permanent move within New York State
- marriage or domestic partnership
- birth of a child

To avoid a gap in coverage, you can sign up for NY State of Health text alerts by texting START to 1-866-988-0327. You will receive important health insurance updates, including when it's time to renew.

To learn more, visit: nystateofhealth.ny.gov.

Have additional questions or ready to enroll? We have trained experts throughout the state who will guide you in selecting and signing up for a plan that's right for you. To find an assistor in your community, visit nystateofhealth.ny.gov or call us at 1-855-355-5777, TTY: 1.800.662.1220.

Watch these short videos:

Health Insurance - It's What Adults Do:
info.nystateofhealth.ny.gov/YoungAdultsVideo

Qualifying for Special Enrollment Periods:
info.nystateofhealth.ny.gov/SEPVideos