

Quick Reference

Health Insurance Marketplace (For individuals and families)

Shop for and compare health plans and get your questions answered. The national toll-free center will answer your questions and direct you to the Marketplace in your state.

- Call 1-800-318-2596.
- Visit www.HealthCare.gov.

Medicaid (For people with a limited income)

Get your Medicaid questions answered:

- Visit www.Medicaid.gov.
- Find the Medicaid program in your state: www.Medicaid.gov/Medicaid-CHIP-Program-Information/By-State/By-State.html.

TRICARE and Veterans Benefits (For active and retired service members and their families)

Get your TRICARE and Veterans benefits questions answered:

TRICARE:

- Visit www.TRICARE.mil.
- Find phone numbers and other contacts for the region where you live or are stationed: www.TRICARE.mil/ContactUs/CallUs.aspx.

Veterans Affairs:

- Call 1-800-827-1000.

- Visit www.VA.gov.

Medicare

(For people 65 and over and some younger people with disabilities)

If you have Medicare, the Health Insurance Marketplace isn't for you. If you have questions about Medicare or want to make changes:

- Call 1-800-633-4227.
- Visit www.Medicare.gov.

Find the State Health Insurance Assistance Program (SHIP) in your state to get health insurance counseling:

- Call 1-877-839-2675.
- Visit www.SHIPtcenter.org.

Small Business Health Options Program (SHOP)

Shop for health coverage for your business through your broker or on your own through the SHOP. Find the SHOP in your state:

- Call 1-800-318-2596.
- Visit www.HealthCare.gov.

Before You Get Started

Make the most of your call or visit. Gather basic information before you get started:

- If you are shopping for coverage, read AARP's Choosing a Health Care Plan: Coverage, Cost, Compare before you start.
- Make a list of your questions and what you want to find out.
- Gather basic information about your family and your household income.
- Take notes during the call or visit so you can refer to them later.
- If you use the website, write down any questions you still have and call the toll-free number.

Learn How the Health Care Law Works for You and Your Family

Visit these resources to learn more:

- Get started with AARP's Health Law Answers: www.HealthLawAnswers.org.
- Understand the health care law at AARP's Health Law Facts: www.HealthLawFacts.org.
- Use this [Health Insurance Marketplace Calculator](#) to get an estimate of the financial help you may qualify for and an estimate of how much your monthly payment (premium) for coverage you buy through the Health Insurance Marketplace.

Read more about health coverage and the health care law:

- [The Health Care Law: More Choices, More Protections](#)
- [Choosing a Health Care Plan: Coverage, Cost, Compare](#)
- [What the Health Care Law Means for Small Businesses](#)
- [What the Health Care Law Means for Employees of Small Businesses](#)