

## *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](http://www.HealthCare.gov).

### **Medicaid (For people with a limited income)**

Get your Medicaid questions answered:

- Visit [www.Medicaid.gov](http://www.Medicaid.gov).
- Find the Medicaid program in your state: <https://www.medicaid.gov/medicaid/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](http://www.TRICARE.mil).
- Find phone numbers and other contacts for the region where you live or are stationed: [www.TRICARE.mil/ContactUs/CallUs.aspx](http://www.TRICARE.mil/ContactUs/CallUs.aspx).

Veterans Affairs:

- Call 1-800-827-1000.

- Visit [www.VA.gov](http://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](http://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](http://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](http://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](http://www.HealthLawAnswers.org).
- Understand the health care law at AARP's Health Law Facts: [www.HealthLawFacts.org](http://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](#)