

# Introduction to Your Healthcare Insurance Journey

Healthcare insurance topics and skills you will learn about →

Check off the boxes as you complete each activity:

<b>1</b> New words about healthcare insurance and acronyms <input type="checkbox"/>	<b>2</b> Types of healthcare insurance <input type="checkbox"/>	<b>3</b> Know requirements for staying on parent's health insurance <input type="checkbox"/>	<b>4</b> Medicaid and Medi-Cal <input type="checkbox"/>	<b>5</b> Medi-Cal versus Medicare and Disability/SSI <input type="checkbox"/>	<b>6</b> Covered California / Insurance Marketplace <input type="checkbox"/>	<b>7</b> HMO/ EPO & PPO / POS Managed Care Plans <input type="checkbox"/>	<b>8</b> Learn about your prescription plan; Ask if the pharmacy has a medicine mail order program <input type="checkbox"/>
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**Activity Examples:** enroll in myChart®, write down your insurance questions and bring to your next visit.

**Activity Examples:** visit your Human Resources Department at work to learn about your benefit options. Use an app for reminders for appointments or for taking medicine, call the pharmacy to refill your prescriptions.

**9**  
 Where to go to learn more about healthcare insurance / open enrollment

<b>17</b> Problem solving – keep important phone numbers in cell phone <input type="checkbox"/>	<b>16</b> Learn what insurance plan is accepted by your adult care providers <input type="checkbox"/>	<b>15</b> Ask about authorizations and your primary care physician's (PCP) role <input type="checkbox"/>	<b>14</b> Understand differences between your on-call doctor, the emergency room, urgent care and virtual care <input type="checkbox"/>	<b>13</b> Ask about insurance case managers <input type="checkbox"/>	<b>12</b> How to read your insurance card <input type="checkbox"/>	<b>11</b> Where to learn more about what your insurance pays for <input type="checkbox"/>	<b>10</b> Learn about deductibles, co-pays, premiums, and co-insurance <input type="checkbox"/>
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**18**  
 Learn more about tracking your medical information

**Activity Examples:** visit your insurance plan website, fill out the patient forms at your appointment, get a government ID, explore community resources

**Activity Examples:** pick a new doctor, select a primary care physician (PCP), explore government benefit programs, visit your adult primary care doctor

**19**  
 Name an emergency contact person

**20**  
 Complete forms to allow family member(s) access to your medical information, as desired

**21**  
 Understand the differences in the adult care world versus the pediatric care world



• Thrive • Grow • Move Forward



Adult Health Care

**Congratulations!**

Remember to update your pediatric team! We are interested in how you are doing.