

# Sign up, renew, or change health plans at **HealthCare.gov**

## Don't have health insurance? We are here to help.

- Learn about what plan might be **best and most affordable** for you.
- See if you can get **financial help** to pay for your plan.

## Did you buy health insurance last year?

Nov. 1 through Jan. 15 is the time to **renew or change plans. Review your plan. Compare your options.**

- Your **health care needs can change.**
- **Each year, new plans are offered, benefits can change,** and some plans are discontinued.
- Changes in income and family size can affect your **financial assistance.**
- Check to see if you will be automatically **re-enrolled** in your plan. You may need to **resubmit** your information to continue your benefits.

Visit **OregonHealthCare.gov** to find **free local help from an expert.**



**OREGON  
HEALTHCARE.gov**

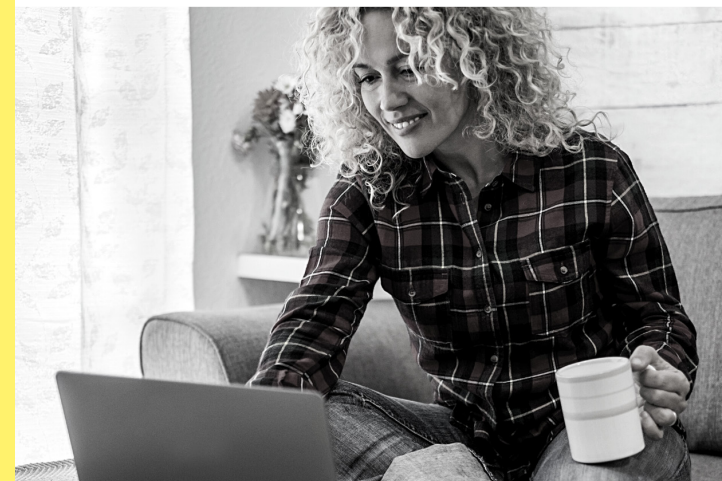
☎ 855-268-3767 (toll-free)

## Other languages or formats

Call 855-268-3767 (toll-free) between 8 a.m. and 5 p.m. Monday through Friday to request this information in Español, Русский, Tiếng Việt, 汉语, 漢語. You can also request information in large print or other formats.



# Guide to health insurance for **survivors of intimate partner violence** in Oregon



Visit **OregonHealthCare.gov** to find free, local help from an expert.

Keep your family healthy. Sign up from **Nov. 1 to Jan. 15**, or within **60 days** of a life event.

440-5173 (8/22)

**Visit OregonHealthCare.gov**

## Keeping your location confidential

The Address Confidentiality Program (ACP) is a free mail forwarding service to help survivors of intimate partner violence, sexual assault, stalking, or human trafficking protect their physical address information. Participants in the program are provided with a substitute address to be used in place of the address where they live. The substitute address will meet the address requirements for most state and local government agencies.

A person may only apply to the Address Confidentiality Program through a victim advocate that has been designated by the attorney general as an application assistant. To apply to the Address Confidentiality Program, contact an application assistant near you. More information can be found at [go.usa.gov/xm4ta](https://go.usa.gov/xm4ta).

## Special application provisions

Typically, Marketplace and Oregon Health Plan applications require information for all members of your tax household, including your spouse. In situations of intimate partner violence, survivors may apply for health insurance without including their spouse. For help to correctly complete your application, find local application assistance by visiting [OregonHealthCare.gov](https://OregonHealthCare.gov).

### Q: Can someone help me?

**A:** Local community organizations and insurance agents across the state can help you find the health insurance plan that is best for you. Their help is free and confidential. Visit [OregonHealthCare.gov](https://OregonHealthCare.gov) or call 855-268-3767 (toll-free) to find someone near you.

### Q: Can I get help to pay for health insurance?

**A:** Financial assistance is available on a sliding scale based on your household income. There are two types of financial assistance options available:

- Tax credits: Help to pay your monthly premium to have insurance
- Cost-sharing reduction: Reduces your out-of-pocket costs such as co-payments, co-insurance, and deductibles

The Oregon Health Plan is free health coverage offered by the state of Oregon. It is available to low income Oregonians who meet eligibility criteria.

### Q: Can I apply now?

**A:** Typically, you can apply for insurance only during the open enrollment period; however, certain life-changing events can open a special enrollment period. Some examples of these are:

- Losing minimum essential coverage (such as employer coverage)
- Moving
- Change in household income
- Birth, adoption, or placement of a child in your home

You have 60 days from the date of a qualifying life change to shop for and enroll into a new plan. If you are eligible for the Oregon Health Plan, you may enroll at any time throughout the year.



## Sign up, renew, or change plans

[HealthCare.gov](https://HealthCare.gov)  
800-318-2596 (toll-free)  
(TTY: 855-889-4325) 24 hours a day

## Get free, local help

[OregonHealthCare.gov](https://OregonHealthCare.gov)  
855-268-3767 (toll-free)  
8 a.m. to 5 p.m. Monday through Friday

- Find a local insurance agent or community organization that can help you for free in your preferred language

## OTHER RESOURCES

**OREGON DEPT. OF HUMAN SERVICES  
DOMESTIC VIOLENCE SERVICES**  
[go.usa.gov/xGFpZ](https://go.usa.gov/xGFpZ)

**THE NATIONAL DOMESTIC VIOLENCE  
HOTLINE**  
[www.thehotline.org](https://www.thehotline.org)

## IMPORTANT DATES

**NOV. 1 - JAN. 15**

Annual open enrollment period

**WITHIN 60 DAYS OF LIFE CHANGE**

Special enrollment period to report changes and shop for or change plans

Áewin ammasow ngeni, ammasow sefáán, iká ekkesiwini sefááni ewe taropween áninnisin kaméetiwen ómw kensa/sáfei nón pioing me wóón internet **HealthCare.gov**

**Ese wor noumw ewe taropween áninnisin kaméetiwen ómw kensa/sáfei nón pioing (health insurance)?**

**Kich mei tongeni ánisuk.**

- Káe ngeni ekkena peekin áninnis epwe **mwúrinné me méé kúkkún** ngonuk.
- Katon ika kopwe tongeni néúnéú **áninnisin senis** eán epwe ánisuk ne mééni ena áninnisin sáfei.

**Een mei kamé noumw taropween áninnisin kaméetiwen ómw kensa/sáfei nón ewe ier sia tou seni?**

Nofamper 1 ngeni **Saneweri 15** aa iei faansoun kopwene ammasow sefáán iká ekkesiwini noumw ena taropween áninnisin kaméetiwen ómw kensa/sáfei nón pioing. Katon ééch noumw ena taropween áninnisin kaméetiwen ómw kensa/sáfei nón pioing.

**Katon fengen meinisin met ekkena ka finaata.**

- Ómw kewe peekin **túmwúnún inisumw ren peekin sáfei mei tongeni eán epwe ekkesiwin.**
- **Iteiten ier, minaféon áninnisin kaméetiwen sáfei ra katou, áninnis ra pwan ekkesiwin,** me pwan ekkóóch ekkena ánnisin kaméetiwen sáfei rese chiwen sópwsópwenó.
- Ekkesiwinin mwoni tonong me **úkúúkún chóchóón** nón ómw een famini mei pwan tongeni esenipa ekkesiwinin **áninnisin senis.**
- Katon ika kopwe tongeni pwúsin chék sópwsópwenó **ammasow sefáán** ewe áninnisin kaméetiwen sáfei ke néúnéú me akomwan ewe. Ina kopwe menei ómw kopwe **wanong sefáán** pwórúsomw kewe eán epwe chék pwan sópwsópwenó ómw nómw wóón eei áninnisin kaméetiwen sáfei ke nómw wóón me akomwan ewe.

**Nnó ngeni OregonHealthCare.gov ómw kopwe kúnekún peekin áninnis seni ekkewe mei sinenap me nón neeniomw ewe.**



**OREGON  
HEALTHCARE.gov**

☎ 855-268-3767 (toll-free)

**Áweewe nón fóosun ekis iká ekkóóch nikinikin mmak**

Kékkéeri 855-268-3767 (ese kamé ómw kékkéeri) seni kunók 8 (wanú) nesossor ngeni kunók 5 (nimbi) nekunión. Sárinfaán ngeni Enimwu ómw kopwe chuumwong ekkeei pworóus nón fóosun Español, Русский, Tiếng Việt, 汉语, 漢語. Een mei pwan tongeni chuumwong nón féúwáten mesen mmak iká pwan ekkóóch nikinikin mmak.



Áninnis ngeni ekkewe taropween áninnisin kaméetiwan kensa/sáfei nón pioing eán ekkewe **mi manaw mwirimwirin éán pwúnúweer awataar** nón Oregon



Nnó ngeni OregonHealthCare.gov ómw kopwe kúnekún ekkewe peekin áninnis ese kamé, seni ekkewe mei sinenap me nón neeniomw ewe.

Ómw angei ewe apwos mi ánisi eán ómw famini resapw samwaaw. Makkei itomw seni pwopwutá seni nón **Nofamper 1** ngeni **Saneweri 15**, iká **60 (one) ráán** mwúrinóón eán ffis ngonuk ewe napanap.

440-5173 (8/22)

**Visit OregonHealthCare.gov**



## Epwe sópwósópwenó eán epwe amwónómwónenó esapw pwpwá neeniomw ewe

Ewe Peekin Áninnis ren eán epwe Amwónómwónenó Neeniomw ewe itan nón kapasen Ingenes Address Confidentiality Program (ACAP) ese kamé nge aa kawor fáánitan ekkewe mi manaw mwúrin eár kawet meren pwúnúwer kewe, ekkewe mi peen ochomanaw, ekkewe mi wor chóón attapwa fetáneer, iká ekkewe iir mi amééméénó inisir seni emén. Ekkewe aramas ra nómw fáán túmwúnúwun eei peekin áninnis aa kawor fáániteer eew ekinikinin neeni esapw esissinnatá ián re nómw ian. Ewe ekkesiwini neeni epwe epwénúwetá ánnúkún napengeni meinisin fénúwen nón Merika me pwan pwúsin ekkewe pútáin nón mwúún fénúwan ewe.

Emén aramas aa tongeni eán epwe ammasow ren ewe chóón angaang ngeni ekkewe mi peen kawet Ren ómw kopwe ammasow ngeni eán epwe Amwónómwónenó Neeniomw Ewe, kopwene kékkéeri ena chóón áninnis nón ena neeni mi arapeto ngonuk ren ammasowan taropwe. Ka tongeni nnó ngeni ewe neeni wóón internet ren [go.usa.gov/xm4ta](http://go.usa.gov/xm4ta) ren sópwósópwun pwórousan

## Neenien angaangen áéoéo

Napengeni, ekkewe taropween ammasow mi katonong ngeni ekkewe neeni ren ewe Marketplace nón kapasen Ingenes nge áweewen nón kapasen fénúwach aa weewe ngeni neenian améémé sakkopaaten mettóoch me eán ewe Mwúún ewe Fénú Oregon ewe Peekin Áninnis (Oregon Health Plan) ren kaméétiwan ómw kensa/sáfei nón pioing mi pesei eán epwe kawor tichikin pwórousan meinisin chóchóón nón ewe imw epwe pwan pachenong pwúnúwomw ewe. Nge núpwen ewe chóón ammasow mi imwunó seni pwúnúwan ren eán peen kawet, aa tongeni chék epwe ammasow néún taropwe nge esapw pwan pachenong pwúnúwan na. Ren eán epwe wor chóón áninnis ren ammasowan ewe taropween áninnisin kaméétiwan kensa/sáfei nón pioing, ka tongeni nnó ngeni ewe neeni mi arapeto ngeni neeniomw me wóón eei neeni wóón internet ren OregonHealthCare.gov.

### Q: Mi tongeni eán epwe kawor chóón ánisiei?

**A:** Ekkewe chóón áninnis ren ammasowan ekkewe taropween áninnisin kaméétiwan kensa/sáfei nón pioing repwe tongeni eár repwe ánisuk ne finaata menni nein ekkewe aa mwúrinne ngonuk. Ese kamé ómw kopwe angei áninnis seni repwe pwan amwónómwónaanó sakkopaaten tichikin pwórous. Nnó ngeni eei neeni wóón internet ren OregonHealthCare.gov iká kéeri eei nampaan tengewa 855-268-3767 (ese kamé ómw kékkéeri) ren ómw kopwe kúna/sinei ién ena aramas mi arapeto ngonuk.

### Q: Ngaang mi tongeni ái úpwe angei áninnis ren méén neiwe taropween áninnisin kaméétiwan ái úpwe tongeni kensa/sáfei nón pioing?

**A:** Peekin áninnisin senis mi kawor nge mi anóngónóng wóón kaúkún eán ómw ewe famini mwoni tonong. Mi kku ruu sókkun peekin áninnisin senis mi kawor:

- Áeewin ren ekkewe (Tax credits) aa weewe ngeni ekkewe takesis mi káimwutiw seni nón peiófun ewe chóón angaang iteitan eán peióf. Áninnis ren kaméétiwán méén noumw ewe taropween áninnisin ómw kopwe kensa/sáfei nón pioing iteitan maram
- Cost-sharing reduction: aa weewe ngeni eán epwe ekúkkúnúnó fite mwoni kopwe sópwei ngeni fite chana méénien ewe emén aramas ren méméén noumw ewe taropween áninnisin kaméétiwan ómw kensa/sáfei nón pioing lei met epwe tongeni eán epwe ekisaanó úkúúkún méén ómw ewe kensa/sáfei kopwe méénatiw wóón noumw senis wesin ómw ka wes ne kensa/sáfei, iká fite nómw ewe taropween áninnisin kaméétiwan ómw kensa/sáfei, me fite senis epwe káimwu pwe epwe nóngónóng ómw néúnéú ewe taropween áninnisin kaméétiwan ómw kensa/sáfei.

Ese kamé eán ewe fénú Oregon ewe Peekin Áninnis ren Kaméétiwan eán aramasen Oregon repwe kensa/sáfei nón pioing (Oregon Health Plan) Mi kawor fáánitan pwan mwumwuutá ngeni ekkewe aramasen ewe fénú Oregon mi kúkkún eár mwoni tonong eár repwe ammasow ngeni eei peekin áninnis.

### Q: Ngaang mi tongeni ái úpwe ammasow iei?

**A:** Úrúúrún, nge kopwe ammasow noumw taropween áninnisin kaméétiwan ómw kensa/sáfei nón pioing atun chék faansoun mi suuk ómw kopwe ákkáeewin ne ammasow; chinóón chék, iká pwún mi wor met napanap mi ekkesiwin ngeni nónnomwun manawomw, ina atun epwene mwúttir suuk ngonuk ómw kopwene ammasow. Ikkei ekkóoch áweewe ren:

- Eán aa kéúnó senuk ewe peekin áninnis aa wisen mééni ómw kensa/sáfei nón pioing (áweewe ren ómw ewe angaang iká aa eúwenó senuk kosapw chiwen néúnéú senir)
- Mwékútúnó ekis neeni ren
- Iká aa ekkesiwin kaúkún mwoni tonong ngeni imwomw ewe
- Upwutiw, mwuumwu, iká aa wor semiriit aa mwékúteto nón imwomw ewe

Aa mwumwuutá ngonuk úkúúkún 60 (one) ráán seni met ewe napanap aa ffis ngonuk ren ómw kopwe kútta fetánei met kopwe siwini ngeni noumw ewe aa kéúnó senuk. Iká pwún mi mwumwuutá ngonuk ómw kopwe néúnéú ekkewe taropween áninnisin kaméétiwan ómw kensa/sáfei nón pioing mi kawor seni ewe Oregon Health Plan, ka tongeni ómw kopwe ammasow inet ese pwan nifinifin nón ewe ier.



## Faansoun epwe suuk áeewin ómw kopwe ammasow, ammasow sefaán, iká ekkesiwini ekkewe taropween áninnisin kaméétiwan kensa/sáfei nón pioing

Nnó ngeni eei neeni wóón internet ren HealthCare.gov 800-318-2596 (ese kamé ómw kékkéeri) (TTY: 855-889-4325) 24 (rúwe-me-rúwánú) awa nón eew ráán

## Kútta ekkewe áninnis ese kamé, nón ewe neeni ke nónnómw ian.

Nnó ngeni eei neeni wóón internet ren OregonHealthCare.gov 855-268-3767 (ese kamé ómw kékkéeri) kunók 8 (wanú) nesossor ngeni kunók 5 (nimwu) nekunión. Seni Sárinfaán ngeni Enimwu.

- Kútta ekkewe chóón angaang me nón neeniomw ewe iká rekan áninnis wóón eei peekin eár repwe ánisuk nón pwúsin fóosun fénúwomw nge kosapw pwan mééni.

## PWAN EKKÓÓCH PEEKIN ÁNINNIS

**EÁN MWÚÚN EWE FÉNÚ OREGON PÚTÁIN PEEKIN ÁNINNIS NGENI EKKWE IIR MI PEEN KAWET MEREN PWÚNÚWER**  
[go.usa.gov/xGFpZ](http://go.usa.gov/xGFpZ)

**IEI EEI NEENI WÓÓN INTERNET EÁN IONAPAN MWÚÚN MERIKA KA TONGENI NNÓ NGENI REN ÓMW KOPWE ATOURAANÓ PWÓRÓUSAN EKKWE MI PEEN KAWET REN PWÚNÚWER**

[www.thehotline.org](http://www.thehotline.org)

**KOSAPW TUUNANÓ EKKEI PWININ MARAM MEI AÚCHEA NOFAMPER 1 – SANEWERI 15**

Faansoun eán aa suuk ammasowen taropwe nón eew ier

**60 (ONE) RÁÁN MWÚRINÓÓN MET EWE NAPANAP AA FFIS NGONUK**

lei chék eei faansoun epwe tongeni ketiw ngonuk ren ómw kopwe atouraanong met ewe napanap aa ffis ngonuk iwe ka pwan tongeni kútta eew minaféén taropween áninnisin kaméétiwan ómw kensa/sáfei nón pioing kopwe ekkesiwin ngeni