

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? It is 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.

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.

Health insurance options for **service members and veterans** in Oregon



Programs are available to help Oregon veterans get affordable health coverage and stay healthy.



440-5112 (8/22)

Visit OregonHealthCare.gov

VA Health Care

va.gov/health-care

Overview

- Health care provided by United States Department of Veterans Affairs (VA) medical facilities.
- May be used in conjunction with other health insurance or as standalone coverage.
- Enrollment can be terminated and reinstated.
- Medical care also available outside of VA system through the Veteran's Choice Program.

Eligibility

- Available to those who were separated under any condition other than dishonorable from active military service after at least two years, and those reservists who completed the full period for which they were called or ordered to active duty.
- Veterans can apply for VA health care at any time by visiting va.gov/healthbenefits/enroll, calling **877-222-VETS (8387)**, visiting a local VA health care facility, or making an appointment to see a County Veteran Service Office at go.usa.gov/xmfvd.

Cost

- There are no monthly premiums. However, depending on which priority a veteran is assigned, a veteran could be billed co-pays. See rates on the VA website.
- In order for the VA to determine a priority group, veterans must complete a financial means assessment when applying to determine if they are eligible for free or reduced-cost care. Service-connected conditions are treated free of charge.

The VA also provides health insurance coverage through CHAMPVA: go.usa.gov/xNM2C. This can be stand alone coverage or used with other insurance and has no annual fees or monthly premiums.



Tricare

tricare.mil

Overview

- Health insurance provided by the Department of Defense for active duty personnel.
- Not connected to VA medical facilities.
- Three tiers of coverage: Standard, Extra, or Prime.

Eligibility

- Available to active-duty service members, military retirees (completed 20 years of service), and their dependents.
- Must be enrolled in the Defense Enrollment Eligibility Reporting System (DEERS).

Cost

- Monthly premiums vary based on veteran's military status.
- Standard and Extra plans have deductibles and no annual fees; Prime plan has an annual fee and no deductibles.

Get free, local help

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

The Marketplace

HealthCare.gov

Overview

- All plans meet a standard of essential health benefits and have no lifetime or annual coverage caps.
- Apply and enroll in health insurance online at HealthCare.gov or by calling **800-318-2596 (toll-free)**.

Eligibility

- All U.S. citizens and people with a current immigration status (except DACA) are eligible to purchase coverage.
- Plans cover adults and children.
- Enroll during open enrollment or with special enrollment period, which is a 60-day window that can be triggered by certain life events. These include separation from active duty, getting married, having a baby, or losing other health insurance coverage.

Cost

- Pricing of plan tiers (Platinum, Gold, Silver, Bronze) is based on the level of out-of-pocket costs for the consumer.
- Based on income, subsidies may be available as a tax credit or reduced monthly premiums, as well as cost sharing to help reduce out-of-pocket medical costs.
- No financial help is available through HealthCare.gov if enrolled in VA health coverage as this meets the minimum standard for health care coverage.

Ewin ammasow ngeni, ammasow sefan, ika ekkesiwini aninisin kamotiwen safei me won ewe **HealthCare.gov**

Eseor noumw ewe aninisin kamotiwen safei (health insurance)?

Kich mei tongeni anisuk.

- Kae ngeni pworousen met sakun aninis mei wor mei murino pwan fokkun meekukun ngonuk.
- Katon ika kopwe tongeni nounou **aninisin senis** an epwe wisen meeni omw ina aninisin kamotiwen safei.

En mei kamo noumw aninisin kamotiwen safei non ewe ier?

A iei fanosun kopwene ammasow sefan ika ekkesiwin aninisin kamotiwen safei.

Katoneoch noum ina aninisin kamotiwen safei. Katon fengen meinisin metekana ka finata.

- Omw tumwunun inisum ren pekin safei mei tongeni ekkesiwin.
- Iteiten ier, minafon aninisin kamotiwen safei ra kattou, aninis ra pwan ekkesiwin, me pwan ekkeoch ekkena aninisin kamotiwen safei rese chiwen sopwosopweno.
- Ekkesiwinin moni tonong me ukukun choochon non omw en famini mei pwan tongeni esenipa ekkesiwinin **aninisin senis**.
- Katon ika kopwe tongeni pwisin chok sopwosopweno **ammassow sefan** ewe aninisin kamotiwen safei ke nounou akoum. Ina kopwe menei omw kopwe **wanong sefan** pworousomw kewe an epwe chok pwan sopwosopweno omw nomw won ei aninisin kamotiwen safei ke nomw won akoum.

Noo ngeni [OregonHealthCare.gov](https://www.oregonhealthcare.gov) omw kopwe kunekun RESE KAMO chon anisuk iir mei sinenap won ei aninis me non neniome iwe.



**OREGON
HEALTHCARE.gov**

☎ 855-268-3767 (toll-free)

**Awewe non fosun ekis ika
ekkoch nikinikin mak**

Kokori 855-268-3767 (ese kamo) seni kunok 8 nesosor ngeni kunok 5 neekunion. Sarifan ngeni Enimu omw kopwe chuunwong ekkei pworous non fosun Español, Русский, Tiếng Việt, 汉语, 漢語. En mei pwan tongeni chuunwong non fouwatten mesen mak ika pwan ekkoch nikinikin mak.

**Ekkoch pekin Aninisin
Kamotiwen Safei ngeni
ekkewe iir mei chiwen
sounfiu me ekkewe ra
wes me sounfiu
non Oregon**



Mei wor Prokram mei kamwor faniten ekkewe iir mei fiti sounfiu seni ewe fonu Oregon ar repwe nounou aninisin kamotiwen safei mei meekukun me ar repwe nonomweoch non pekin tumwunun inis.

440-5112 (8/22)



Visit OregonHealthCare.gov

VA Health Care (Pwutain Tumwunun Safei Ngeni Sounfiu)

va.gov/health-care

Mennapei

- Chon tumwunu pekin safei ika tokter non ei fonuwen Merika Pwutain tumwunun pekin safei ngeni ekkewe sounfiu.
- Mei tongeni epwe kochu nounoun ei aninis ngeni pwan ekkoch pekin aninisin kamotiwen safei ika noun aninisin kamotiwen safei pwisin won an.
- Pekin ammasow mei tongeni epwe kattano me pwan feer sefan.
- Pekin tumwunun safei mei pwan kamwor me nukun ewe pwutain tumwunun safei ngeni sounfiu anongonong won menni prokram ewe sounfiu e finata.

Mwumwuta

- Mei kamwor ngeni ekkewe iir mei nomw fan ese nifinifin pwung nge esapw ekkewe re tou seni sounfiu faniten ar feerungaw me mwirin ruu ier, mei pwan kamwor ngeni ekkewe ra awesi wiser ururun met iir mei koko ika ewis ngenir usun emon sounfiu.
- Ekkewe sounfiu iir mei tongeni ammasow ngeni aninisin tumwunun inis seni ewe pwutain sounfiu me ese pwan nifinifin fansoun chuuno won va.gov/healthbenefits/enroll, kokori **877-222-VETS (8387)**, chuuno non ekkewe neeni ra mesemesen won pwutain sounfiu me non neenimw kena ren pekin tumwunun inis, ika fen feer omw fansoun chuuri ewe Ofesin Aninisin Sounfiu non ena Kinikin ke nonomw ia me won go.usa.gov/xmfvd.

Niwinin

- Eseor met kopwe meeni iteiten maram Nge ew chok, epwe anongonong won ifan teetenin ewe sounfiu re ewisa ngeni, emon sounfiu mei tongeni epwe meeni an fansoun chuuri tokter ika safei. Katon ekkena niwinin won an Pwutain Sounfiu ina website.
- Anen an ewe Pwutain Sounfiu epwe sinei menni teeten me kumi, ekkewe sounfiu repwe awesi ekkewe kapas eis ren pekin aninisin senis nupwen fansoun ar ammasow ngeni ar repwe nounou ei aninisin tumwunun inis ren safei ese kamo ika mei meekukun. Ekkewe sounfiu iir mei pin feiengaw ika iir mei chiwen feiengaw faniten ar angangen sounfiu resapw kamo.

Ewe Pwutain Sounfiu mei pwan awora aninisin kamotiwen safei me won CHAMPVA: go.usa.gov/xNM2C. Ei aninisin kamotiwen safei mei tongeni epwe chok pwisin imwuno won an ika fen pwan nounou fengen me ekkoch aninis iwe esapw pwan wor repwe meeni iteiten ier ika iteiten maram.



Tricare tricare.mil

Mennapei

- Aninisin kamotiwen safei mei kamwor seni ewe pwutai ekan mesemes won pekin tumwunun safei ngeni ekkewe chon Angangen Eppeti Fiengaw me Osukosuk.
- Ese taitap ngeni ewe Pwutain Sounfiu e mesemesen won pekin safei.
- Unungat kinikinin ei aninisin kamotiwen safei: Uruurun (Standard), Napenon (Extra), ika Wesewesan (Prime).

Mwumwuuta

- Mei kamwor ngeni ekkewe iir mei chiwen angangen sounfiu, ekkewe iir mei pun sounfiu nge ra ritaer (ngeni chok ekkewe iir mei awesi ukukun 20 angangen sounfiu), me nour kewe semirit.
- Ururun repwe fiti ewe e kinikin rekan eita ngeni Defense Enrollment Eligibility Reporting System (DEERS).

Niwinin

- Ukukun niwinin epwe kamotiw iteiten maram epwe chok anongonong won an ewe sounfiu kinikin ren wisan non sounfiu.
- Ekkewe kinikin Ururun (Standard) me Napenon (Extra) ika ke nounou iwe kopwe akoum meenatiw efou senis mwemwen kopwe poputa nounou iwe esor met kopwe meemeni iteiten ier; ewe ew kinikin Wesewesan (Prime) ika ke nounou iwe kopwe kamotiw iteiten ier nge eseor met kopwe pwan meeni mwemwen kopwe poputa me nounou.

Kut aninis ese kamo, non neenimw iwe ke nonomw ie.

OregonHealthCare.gov
855-268-3767 (ese kamo)
kunok 8 nesosor ngeni kunok 5 neekunion
Saarifan ngeni Enimu

- Kuta ekkewe chon angang me non neenimw iwe ke nonomw ie ika choochon ewe kumwi rekan aninis won ei pekin ar repwe anisuk non pwisin fosun fonuwom nge esapw pwan kamo.

Ewe Marketplace HealthCare.gov

Mennapan

- Epwe anongonong won teettenin en sounfiu ika wisan iwe epwapw nomw fan ekkewe kinikin mei affat ren pekin aninisin tumwunun inis iwe ese pwan wor ika ese pwan kamo iteiten ier.
- Ammasow me poputa nounou ekkei aninisin kamotiwen pekin safei me won mecha ika computer me ren HealthCare.gov ika kokori **800-318-2596 (ese kamo)**.

Mwuwuta ngonuk

- Meininis chon ei fonu Merika me pwan ekkewe aramas iir mei awora taropwen pun mei mwumwuta repwe nomw won ekkei fonuwen nukun (nge esapw pwan DACA) mei fokkun mwumwuta ngenir repwe kamo nour aninisin kamotiwen safei.
- Ekkei aninis mei kamwor faniten mei mweno me semirit.
- Ammasow non ekkewe fansoun mei suuk ngonuk kopwe ammasow ika fen non ekkewe fansoun mei chok imwuno an epwe suuk fan ew, awewe chok ika e fis ngonuk ew watte osukosuk non manawomw iwe ka tuunano kopwe ammasow iwe en mei tongeni ammasow ngeni ei aninis nge epwe chok non ukukun 60 raan me mwirin omw ina osukosuk. Ekkei osukosuk mei pachenong ika pun ke weseino seni wisomw iwe me non sounfiu, ika kopwe epwupwunu, ika kopwe nounou monukon, ika fen keuno sonuk noumw iwe aninisin kamotiwen safei ke nounou me akoumw.

Niwinin

- Ikkei sakun kinikin ren pekin niwinin (Platinum, Gold, Silver, Bronze) epwe anongonong won ewe keekun niwinin kamotiw ewe chon nounou ei aninis epwe meenatiw.
- Anongonong won pekin moni tonong, en mei tongeni nounou ewe aninis seni mwuun an epwe meeni eoch iwe a tongeni noo ngeni omw niwinimangen takises ika fen kekisitiw niwinin omw kopwe meemeni iteiten maram, mei pwan tongeni ekkesiwini ukukun niwinin omw kopwe meeni omw fansoun chuuri tokter ika angei safei non ew raan.
- Esor aninisin senis mei kamwor seni HealthCare.gov ika pun en mei nounou aninisin kamotiwen pekin safei seni ewe pwutain sounfiu nge en mei nomw non ekkewe kinikin mei affat me asan omw kopwe tongeni nounou ena aninis.