Make 2020 the year you take charge of your health.

Here are 5 Steps to get started.

1. Learn how to use your insurance card
2. Choose a Primary Care Provider who takes your insurance
3. Make an appointment to see your new Primary Care Provider right away
4. Be prepared for your first visit to your new Primary Care Provider
5. Visit your Primary Care Provider and take follow up action

QUESTIONS? Contact your insurance company

Visit your health insurance company's website

Call th̶e̶ ̶n̶u̶m̶b̶e̶r̶ ̶o̶n̶ ̶t̶h̶e̶ ̶b̶a̶c̶k̶ ̶o̶f̶ ̶y̶o̶u̶r̶ ̶i̶n̶s̶u̶r̶a̶n̶c̶e̶ ̶c̶a̶r̶d̶

Congrats on getting health insurance!

Now, understand how to use it.

Insurance can be confusing! Here are 5 tips to help you understand and get the most from your plan this year.

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QUESTIONS? Contact your insurance company

- Visit your health insurance company's website
- Call the number on your insurance card