



**DID YOU LEAVE FOSTER CARE AT AGE 18 OR OLDER?  
ARE YOU UNDER AGE 26 AND IN NEED OF HEALTH INSURANCE?  
IF SO, APPLY FOR FORMER FOSTER CARE YOUTH MEDICAL  
(FFCYM) PROGRAM COVERAGE. HERE IS HOW YOU GET IT.**

Now more foster care alumni like you can get Oregon Health Plan (OHP) insurance. As a young adult who aged out of Oregon's foster care system or Oregon Tribal foster care, and residing in Oregon, you are eligible to enroll in the Former Foster Care Youth Medical Program! Youth must complete an OHP medical application to enroll.

You can request an OHP medical application the following ways:

- Request an application from your DHS caseworker, Independent Living Program (ILP) Provider, or FosterClub Dedicated Outreach Representative (DOR).
- Call OHP Customer Service at 1-800-699-9075 or 711 (TTY).
- Complete the application online at: [oregonhealthcare.gov](http://oregonhealthcare.gov)
- Contact a community partner or insurance agent for free help, find them at: <http://www.oregonhealthcare.gov/get-help-2.html>

**Don't hesitate, apply now!**

You will be asked about what services, providers, and the medical plan you prefer. Your FFCYM coverage will be effective the day your application is received by a DHS field office, Tribal Child Welfare office, or OHP Processing Center, whichever is earliest.

Once your application is processed you will receive a medical card and notice advising you that you are enrolled into the Oregon Health Plan FFCYM Program or another OHP Medical Program and the date coverage begins. The letter will also advise you to contact OHP if you have any changes to your name or contact information (mailing & home address, phone number, etc).

Coverage provided through the OHP includes:

- Access to regular check-ups and preventative care;
- Access to primary care doctors;
- Mental Health Services; and
- Some vision and dental care and more.

Additional details and resources are available at the ILP website: [http://www.oregon.gov/DHS/children/fostercare/Pages/ind\\_living/resources.aspx](http://www.oregon.gov/DHS/children/fostercare/Pages/ind_living/resources.aspx)



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