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 the number on your insurance card

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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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