

# 随时准备 投保医 疗保险！



**准备工作越充分，投保就会越快速轻松。请尽可能为需要投保的每位家人准备以下信息。**

即使您尚未准备好所有信息，您仍可以开始投保程序。

## 家庭信息

- 社会安全号码
- 出生日期
- 当前就业及收入信息，如税务报表、W-2 表格或工资单
- 保险卡（如果您的家人有医疗保险）

## 移民文件（如果您是记录在案的移民，则必须提供）

可表明您在美国的合法移民身份的文件包括：

- 永久居民卡（绿卡/I-551）
- 工作许可卡（I-766）
- 入籍证明
- 出入境记录（I-94 或 I-94A）
- ORR 释放确认表（ORR UAC/R-1）
- 护照

## 实用建议

- 选择适合您和家人的计划：
  - 了解您的家庭健康史，包括您服用的任何药物和就诊的医生。
  - 如果您有固定的医疗保健提供者，请记下他们接受的保险计划。如不确定，请致电您的提供者办公室。
- 了解医疗保险条款。“免赔额”、“共付额”和“保险期限”都可能影响您的选择。如您需要有关医疗保险如何运作的更多信息，请访问 [nyc.gov/hilink](http://nyc.gov/hilink)。

## 获取以您所用语言提供支持的免费面对面协助

面对面助理可向您解释您的医疗保险及医疗护理选项，帮助您申请保险，以及协助您确定您的财务援助资格。您的信息将受到保密。

 拨打 **311**

 发送短信 **CoveredNYC** 至 **877877**（或者发送 **SeguroNYC** 以获取西班牙语帮助）

 访问 [nystateofhealth.ny.gov](http://nystateofhealth.ny.gov)



# Get Ready to Sign Up for Health Insurance!



**Sign-up is faster and easier when you're prepared. Have as much of this information as you can for everyone in your household signing up.**

***Even if you don't have all of this information, you can still start the sign-up process.***

## Household Information

- Social Security numbers
- Current employment and income information, such as tax statements, W-2 forms or pay stubs
- Birth dates
- Insurance cards, if members of your household have health insurance

## Immigration Documents (required if you are a documented immigrant)

Items that show your legal immigration status in the U.S. can include:

- Permanent Resident Card (Green Card/ I-551)
- Naturalization Certificate
- ORR Verification of Release Form (ORR UAC/R-1)
- Employment Authorization Card (I-766)
- Arrival/Departure Record (I-94 or I-94A)
- Passport

## Helpful Tips

- Pick a plan that is right for you and your family:
  - Know your family's health history, including any medications that you take and doctors you see.
  - If you have a regular health care provider, write down the insurance plan(s) they accept. Call your provider's office if you are unsure.
- Learn about health insurance terms. "Deductible," "copayments" and "coverage period" are terms that affect your options. If you need more information about how health insurance works, visit [nyc.gov/hilink](https://nyc.gov/hilink).

## Get free, in-person assistance in your language

In-person assistors can explain your health insurance and medical care options, help you apply and work with you to find out if you qualify for financial help. Your information will be kept private.

 **Call 311**

 **Text CoveredNYC to 877877 (or SeguroNYC for help in Spanish)**

 **Visit [nystateofhealth.ny.gov](https://nystateofhealth.ny.gov)**