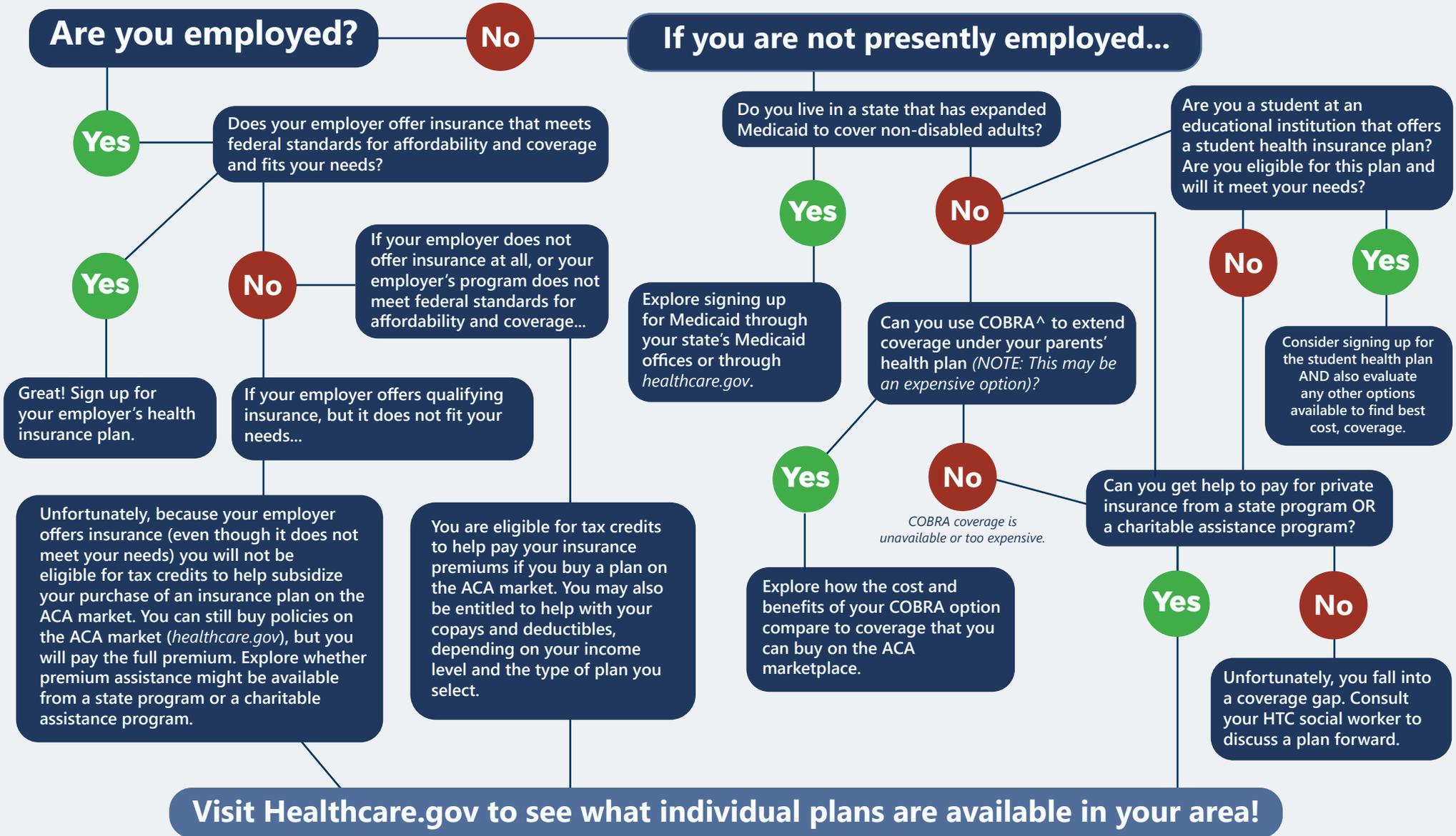




I'm Turning 26! What now?



Visit Healthcare.gov to see what individual plans are available in your area!

Job-based insurance is considered "affordable" if your share of the monthly premiums for the lowest-cost self-only coverage is less than 9.78% of your household income. A health plan meets the "minimum value standard" if it pays at least 60% of the total cost of medical services for a standard population and offers substantial coverage of hospital and doctor services. Note that the "minimum value" of an employer's health plan is measured against a standard population -- there is no requirement that the plan has to be adequate for an individual employee's needs. In practice, most job-based plans meet the minimum value standard. <https://www.healthcare.gov/have-job-based-coverage/change-to-marketplace-plan>.

COBRA is shorthand for a law that allows (in specific circumstances) for the temporary continuation of insurance under a group health plan. You can find more information about COBRA here: <https://www.dol.gov/sites/dolgov/files/EBSA/about-ebbsa/our-activities/resource-center/faqs/cobra-continuation-health-coverage-consumer.pdf>.

You can find out whether your state has expanded Medicaid to cover lower income, non-disabled adults here: <https://www.kff.org/medicaid/issue-brief/status-of-state-medicaid-expansion-decisions-interactive-map/>. Individual health insurance plans may be available outside the ACA exchanges, but be careful. Many aggressively advertised health plans (short-term plans, health care sharing ministries, etc.) DO NOT MEET ACA standards for benefits covered or protection against financial exposure. And if you buy off-exchange coverage, you are not eligible for tax credits to bring down the cost of your premiums. Avoid these pitfalls by starting your search on [healthcare.gov](https://www.healthcare.gov).

