# Washington State Family to Family Health Information Center

## Newsletter #21 – November 2022

### **Open Enrollment Period for Health Insurance**

Open enrollment for most medical plans, including Medicaid and Medicare, starts November 1st and goes through early to mid-December. This is the time to sign up, renew, or change coverage to best suit your family's situation. If you wish to estimate how much how health insurance will cost your family without giving any information to a government entity, you can visit the KFF [Health Insurance Marketplace Calculator](https://www.kff.org/interactive/subsidy-calculator/), which provides estimates for health care premiums through marketplaces, aka health insurance exchanges.

For individuals who are on, or expect to be on Medicare, the open enrollment for 2023 is open now through January 15th. If enrolled by December 15, coverage will start January 1, 2023. Medicare is generally for those 65 years or older, but certain younger individuals with disabilities, End-Stage Renal Disease, or ALS can be eligible. For step-by-step instructions on how to sign up for Medicaid or change plans in Medicaid, visit the [medicaid.gov](https://www.medicare.gov/basics/get-started-with-medicare) or [healthcare.gov](https://www.healthcare.gov/) websites.

## [November 2022 Calendar](https://www.familyvoicesofwashington.org/calendar/)

All events are free and on-line unless denoted with \*

[Dads Helping Dads](https://www.familyvoicesofwashington.org/event/dads-helping-dads/?instance_id=1000) – Nov. 10

[Sharing Down Syndrome in Pierce County](https://www.familyvoicesofwashington.org/event/sharing-down-syndrome-in-pierce-county-parents-night-in/?instance_id=239) – Nov. 11

[Calling Autistic Parents in King County](https://www.familyvoicesofwashington.org/event/calling-autistic-parents/?instance_id=363)\* – Nov. 13

[Learning to Advocate for Children and Families](Learning%20to%20Advocate%20for%20Children%20and%20Families) – Nov. 15

[Choice and Self Determination](https://www.familyvoicesofwashington.org/event/choice-and-self-determination-and-how-it-effects-executive-function/?instance_id=1174) – Nov. 15

[High School Tools for Transition](https://www.familyvoicesofwashington.org/event/high-school-tools-for-transition/?instance_id=1171) – Nov. 15

[Pierce County IDD Legislative Forum](https://www.familyvoicesofwashington.org/event/pierce-county-idd-legislative-forum/?instance_id=1172) – Nov. 15

[State Sibling Connection](https://www.familyvoicesofwashington.org/event/wa-state-sibling-connection/?instance_id=954) – Nov. 17

[Civil Rights for Students with Disabilities](https://www.familyvoicesofwashington.org/event/civil-rights-and-school-for-students-with-disabilities/?instance_id=1173) – Nov. 17

[Legal Transitions to Adulthood Class](https://www.familyvoicesofwashington.org/event/legal-transitions-to-adulthood-class-2/?instance_id=804) – Nov. 21

[Cerebral Palsy Caregiver Support Group](https://www.familyvoicesofwashington.org/event/cerebral-palsy-caregiver-support-group-2/?instance_id=834) – Nov. 21

[Relatives as Parents Program in Shoreline](https://www.familyvoicesofwashington.org/event/family-support-relatives-as-parents-program/?instance_id=975) – Nov. 22

[Familias Resilientes](https://www.familyvoicesofwashington.org/event/familias-resilientes/?instance_id=666) – Nov. 22

[Thriving on Two Spectrums](https://www.familyvoicesofwashington.org/event/thriving-on-two-spectrums-2022/?instance_id=967) – Nov. 27

[Native Family Support Group](https://www.familyvoicesofwashington.org/event/native-family-support-group/?instance_id=1166) – Nov. 29

[What’s Up Wednesday for Families of DHH Children](https://www.familyvoicesofwashington.org/event/whats-up-wednesday/?instance_id=1040) – Nov. 30

For more information on health insurance available through the health insurance exchanges, visit either [healthcare.gov](https://www.healthcare.gov/) or [wahealthplanfinder.gov](https://www.wahealthplanfinder.org/). Medicaid, also known as Apple Health in Washington state, is available through the Washington Health Plan Finder. Many uninsured children, aged 18 and under, who are a part of a low-to-medium income family, are likely to be eligible for free health insurance through Apple Health. A full breakdown of the [program and income requirements is available](https://www.hca.wa.gov/free-or-low-cost-health-care/i-need-medical-dental-or-vision-care/children).

Help is available for those who are having a difficult time navigating the health insurance landscape. [Washington Health Plan Finder](https://www.wahealthplanfinder.org/us/en/health-coverage/enrollment-periods/steps-apply.html) has step-by-step instructions for applying and navigators to help apply.

### **Fight the Flu with Medicaid and CHIP**

### It is as important as ever to make sure families are protected against preventable diseases like the flu. And while some people who get the flu vaccine may still get sick with the flu, studies have shown that [getting the shot reduces the severity of the illness](https://www.cdc.gov/flu/prevent/vaccine-benefits.htm).

### Families without health insurance may be eligible for free or low-cost health insurance available through Medicaid and the Children’s Health Insurance Program (CHIP). Vital benefits of these programs include the influenza (flu) vaccine and other age-appropriate routine immunizations. Enrollment in Medicaid and CHIP is open year-round; coverage must be renewed annually. Visit the “[Find Coverage for Your Family](https://www.insurekidsnow.gov/coverage/index.html)” map on [InsureKidsNow.gov](https://www.insurekidsnow.gov/) to access information in your state or call 1-877-KIDSNOW (1-877-543-7669).