

Access to Coverage: Health Insurance Resource Guide

MDA Resources

[MDA.org](https://www.mda.org) is a great place to find programs and resources to support you. *A few of these resources are listed below:*

- [MDA Care Center Network](#)
 - Explore the MDA Care Center Network and find a location near you.
- [MDA Quest](#)
 - Read through the MDA Quest blog, Newsletter & Magazine, and listen to the Quest podcast for more on topics relevant to the neuromuscular disease community.
- [MDA National Connections Program](#)
 - Helps MDA families find others with shared experiences.
- [MDA Advocacy](#)
 - Learn more about the policies and programs that MDA is taking action on, and learn more about how you can become an advocate.

MDA Engage

MDA Engage virtual educational events empower individuals and their families with knowledge and resources shared by experts in the neuromuscular disease field. *Recent events are listed below:*

MDA Engage Community Education Seminars

- [What You Need to Know About Disability Benefits](#)

For upcoming MDA Engage Events, please visit [mda.org/engage](https://www.mda.org/engage).

Resources from Our Workshop Supporter

Mitsubishi Tanabe Pharma America

- [Open Enrollment Information For Patients](#)
- [Helpful Information About Medicare's Low Income Subsidy Program](#)

Resources from this Workshop

Find a list of resources that were included in this Access Workshop.

- [Glossary of Common Insurance Terms](#)
- [It's Open Enrollment Season. Here's What You Need to Know!](#)
- [Healthcare and Medical Assistance Programs in Your State](#)
- [Summary of Benefits and Coverage Sample Document](#)
- [Health Insurance Worksheet](#)
- [Medicare Contact in Your State](#)
- [Medicaid State Overviews](#)
- [Medicaid Contact in Your State](#)
- [Medicaid Eligibility Groups](#)
- [Medicaid & CHIP Income Eligibly Tool](#)
- [CDC State and Territorial Health Department Websites](#)
- [Medicaid and CHIP Coverage for Your Family](#)
- [Medicaid and CHIP Program Names in Your State](#)
- [Dual Eligibility for Medicaid and Medicare](#)
- [Medicare Supplemental Insurance \(Medigap\)](#)

- [Family and Medical Leave Act](#)
- [COBRA Coverage & the Marketplace](#)
- [Medicaid Home & Community-Based Services Waiver Program](#)
- [Kids' Waivers \(Medicaid\)](#)
- [State Social Service Agencies](#)
- [Community Health Clinics](#)
- [Appeal Letter Example](#)
- [HealthWell Foundation](#)
- [United HealthCare Children's Foundation](#)
- [PAN Foundation](#)
- [Patient Assistance Programs](#)
- [No Surprises Act](#)
- [Affordable Care Act](#)
- [Recommendations for Composing an Appeal Letter](#)
- [State Insurance Departments](#)
- [Patient Advocate Foundation](#)

Other Health Insurance Resources

- [ADA.gov](#)
 - Learn more about Disability Rights Laws
- [Administration for Community Living \(ACL\)](#)
 - Dedicated to aging and disability networks.
- [Centers for Disease Control and Prevention](#)
 - Find your State's Health Department Website
- [U.S. Department of Veterans Affairs](#)
 - Learn more about CHAMPVA eligibility, apply for CHAMPVA, or file a claim.
- [Healthcare.gov](#)
 - See if you qualify for Medicaid based on income and find more information on your coverage.
- [National Council on Aging](#)
 - A quick search of "insurance" will bring you to guides, resources, and fact sheets about health insurance.
- [National Organization for Rare Disorders](#)
 - Fine patient assistance programs to assist with medications, copays, deductibles, premiums, and more.
- [Medicaid.gov](#)
 - Apply for coverage or learn more about your Medicaid options.
- [Medicare.gov](#)
 - Easily access resources, phone numbers, handbooks, and more.
- [State Directory of Vocational Rehabilitation Agencies](#)
 - Vocational rehabilitation programs focus on helping people with disabilities becoming economically independent through meaningful and gainful employment.
- [State Health Insurance Assistance Programs \(SHIP\)](#)
 - Free personalized help in navigating Medicare
- [The Assistance Fund](#)
 - Resource hub that includes information on rare diseases, caregiver support, ageing resources, and more.
- [TRICARE](#)
 - Learn about eligibility, compare health plans, and enroll in TRICARE health insurance.

For additional resources, please reach out to the **MDA Resource Center**:
By Phone: 1-833-ASK-MDA1 (1-833-275-6321)
By Email: ResourceCenter@mdausa.org