

# Get the Facts About Children's Health Insurance

## Information for Coaches

**Make sure kids in your community aren't sidelined this season because they don't have health insurance. Your state has a free or low-cost health insurance program that can get your team covered and get them in the game.**

### Know the rules.

- Free or low-cost health insurance is available for kids 18 years old or younger.
- Generally a family of four with an income up to \$45,000 a year can get their kids covered.
- Kids can get doctor and dentist visits, vision and hearing care, hospital care, mental health services, regular check-ups and shots, and needed treatment, including prescription drugs.
- Even if families have been turned down in the past, they may be able to get their children health coverage now.

### Put together a game plan.

- Tell parents about the free or low-cost health insurance for kids and provide the contact information below at anytime during the sports season: at the first parents meeting of the year, in a letter you send home or on a volunteer sign-up sheet.
- Share information with school nurses, guidance counselors, and others at your school.

### Watch them score.

- Kids are covered on and off the field and can stay protected even after the sports season is over.

**Help your team today by telling families to call  
1-877-KIDS-NOW or visit [InsureKidsNow.gov](http://InsureKidsNow.gov).**

