

Navigating the Road to Health

Your health is very important. The decisions you make about medical treatments and leading a healthy lifestyle can have a big impact on your happiness and your ability to reach your life's goals.

There are a lot of factors that can affect your health. Having a job, transportation and safe and clean housing, can make it easier to maintain your health.

The Navigating the Road to Health "Youth" site can help you learn more about living a healthy lifestyle. The content on this site provides information on how to find affordable healthcare services and tips to help you search for jobs, locate housing, manage money and perform other daily living tasks.

To learn more, visit

www.nebraskafc.org/navigating-the-road-to-health



What is Health?

- Health has to do with taking care of our physical, mental, and emotional well-being.

What is Healthcare?

- Healthcare refers to the services that help us get better when we're sick or help to keep us well.
- Healthcare includes having responsibility for our own well-being, and making good choices about things like not smoking or taking drugs.

Who Can Help Me Manage My Health?

- Your parents, foster parents, caseworkers, and medical providers can all help you stay healthy.
- As you get older, managing your health becomes your responsibility.

Take Charge of Your Health

- Make a list of all the things you need to keep yourself healthy.
- Make your own medical appointments.
- Visit your primary care provider regularly to stay healthy.
- Write down questions for your doctor before your visit.
- Learn about your health insurance options.
- Keep a record of your medical history, phone numbers of doctors, and your medications.

Contact NFC

Nebraska Families Collaborative
nebraskafc.org
contactus@nebraskafc.org
2110 Papillion Parkway
Omaha, NE 68164
(402) 492-2500

Emergency Medical Situations

- Emergency rooms are for emergencies only!
- If you have a health problem that is not an emergency, call your provider to schedule an appointment.
- An urgent care clinic can also provide you with care if you can't get an appointment with your provider.
- Don't go to the E.R. for regular healthcare. The E.R. is expensive, will not provide follow-up care after the emergency, or follow your health condition to see what has changed.
- Carrying an Emergency Medical Identification Card with you at all times can help medical providers treat your illness if you are unable to tell them what is wrong.

Fill out card with your information, cut out at dashed line, and place in your wallet.

EMERGENCY MEDICAL IDENTIFICATION CARD

NAME: _____

D.O.B.: _____ PHONE #: _____

EMERGENCY CONTACT: _____

PHYSICIANS: _____

How Can I Find a Healthcare Provider?

- Ask your family, friends, school nurse, or other adults for recommendations.
- Ask your previous provider for a referral.
- Call your health insurance to find out which providers are covered under your plan.
- Call Nebraska Family Collaborative's Healthcare Navigator at (402) 492-4286.

When you see one provider for your primary care needs, you get better care because your provider knows you and your medical history. Receiving consistent care from the same provider will help you manage your health and health care costs.



MEDICAL CONDITIONS: _____

PRESCRIPTIONS: _____

ALLERGIES: _____

New Free Healthcare Option for Former Foster Youth

The new ACA healthcare law makes some young adults eligible for free health care through Medicaid. To qualify, you must be under age 26 and must have left foster care at age 19.

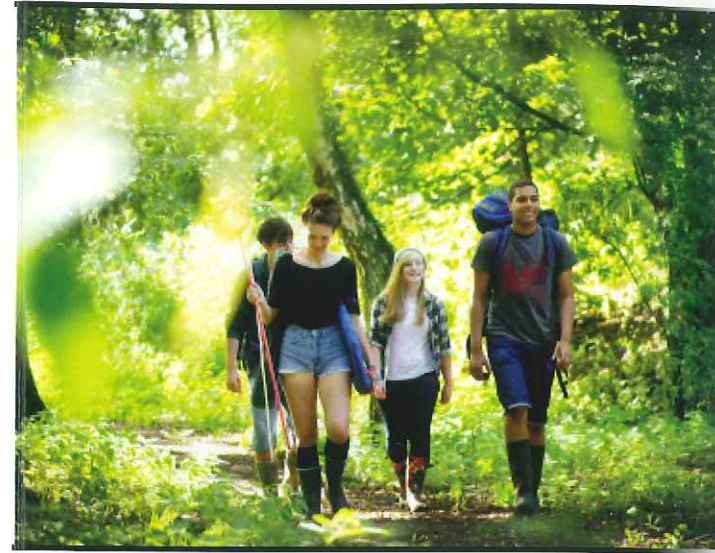
Beginning October 1, 2013, there will be several ways to apply for Medicaid and other health insurance plans. You can apply for Medicaid or health insurance through Nebraska DHHS (1-855-632-7633) or through the Federal Health Insurance Marketplace (by visiting Healthcare.gov). An application can be completed in person, by a telephone call, by mailing in an application, or by completing an application online.

For youth and families that do not qualify for Medicaid, visit Healthcare.gov to learn more about your options for health care coverage. Depending on your income and family size, you may qualify for tax credits to reduce your monthly costs of private health insurance coverage.



Nebraska Children
AND FAMILIES FOUNDATION

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