



WHAT TO EXPECT FROM YOUR HEALTH INSURANCE PLAN

DID YOU KNOW THAT YOUR HEALTH INSURANCE PLAN NEEDS TO MEET NETWORK ADEQUACY REQUIREMENTS?

SO WHAT DOES NETWORK ADEQUACY MEAN?

IT MEANS YOUR HEALTH INSURANCE NETWORK HAS ENOUGH DOCTORS AND SPECIALISTS
WITH THE NECESSARY SKILLS TO PROVIDE THE CARE YOU NEED.

Under the law, health plans must make sure you:

-  can find a medical or mental health provider who can treat you.
-  can get an appointment that's reasonably close to your home or work.
-  can get an appointment without a long wait time.
-  can get in-person services if you do not or cannot use telehealth services.
-  in addition to having an adequate network, your health plan's online or paper directory needs to be correct and have up-to-date information about doctors or other health care providers, including their locations and how to contact them.

**IF YOUR NEEDS ARE NOT BEING MET BY YOUR INSURANCE PLAN,
CONTACT H-CAT TO RECEIVE ASSISTANCE**



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