

A Health Insurance Cheat Sheet

for college and beyond



Part 1: General info about your plan

- Health insurance company: _____
- Member ID number: _____
- Plan is in _____ 's name.
- How to log in to your online account:

Part 2: Doctor appointments

- How to find out if a doctor or clinic is covered: _____
- How much you'll have to pay at the visit: _____

Part 3: Medicines

- How to find out if a medicine is covered: _____
- How to find out which pharmacy is cheapest: _____
- How much you'll have to pay at the pharmacy: _____

Part 4: Emergencies

- How to find out if an urgent care clinic is covered: _____
- Your closest covered urgent care clinic is:
Name: _____
Location: _____
Hours: _____
Number: _____
- Your closest covered emergency room is:
Name: _____
Location: _____
Hours: _____
Number: _____
- How much you'll have to pay: _____

Part 5: Key contact phone numbers

- Nurse advice line: _____
- Insurance company: _____
- Or call me! _____



Love, Mom