



**DID YOU LEAVE OREGON'S FOSTER CARE SYSTEM AT AGE 18 OR OLDER?**

**ARE YOU UNDER AGE 26 AND IN NEED OF HEALTH INSURANCE?**

**IF SO, APPLY FOR FORMER FOSTER CARE YOUTH MEDICAL (FFCYM) PROGRAM COVERAGE. HERE IS HOW YOU GET IT.**

As a young adult who aged out of Oregon's foster care system or Oregon Tribal foster care and residing in Oregon, you are eligible to enroll in the Former Foster Care Youth Medical Program! Just follow these steps:

1. Get an application and apply:
  - Request an application from your ODHS caseworker, Independent Living Program provider or FosterClub Representative.
  - Apply Online: [www.oregonhealthcare.gov](http://www.oregonhealthcare.gov)
  - **Make sure to indicate you are a former foster youth.**
2. You will be asked about what services, providers, and the medical plan you prefer. Your FFCYM coverage will be effective the day your application is received by the Oregon Health Plan (OHP).

3. Keep OHP informed of your current mailing address.

Once these 3 steps are completed, OHP will mail you a medical card and information regarding your medical plan. *It is that simple!*

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**For assistance**

- **Call OHP Customer Service:**  
1-800-699-9075 or 711 (TTY)
- **Contact a community partner or insurance agent for free help, find them at:**  
<http://www.oregonhealthcare.gov/get-help-2.html>
- **Call FosterClub:**  
(503) 717-1552