



What is health insurance? How do you talk to your doctor about your health? Even if you're young and you feel healthy now, are there things you need to do to stay well?

These are questions youth and young adults may have as they begin to go to the doctor by themselves. How can they find answers?

Health Hack, presented by FamilyCare Health, is a series of programs and resources for youth and young adults. The resources and activities include tips (we call hacks) that break down health and wellness, insurance, and self-advocacy in a way that is easy to understand.

The Health Hack train-the-trainer curriculum covers:

- Module 1: Understanding what health means and the importance of self-care
- Module 2: What is health insurance and how to use it
- Module 3: What to expect when you go to the doctor and how to use your voice

Each curriculum model includes:

- A step by step process for facilitators on how to deliver the material
- Youth-focused activities and videos
- Options for groups that are more introverted or extroverted
- Pre-tests- and post-tests to evaluate health literacy