

## Young Workers

Two-thirds of young adults ages 18-23 do not go to school and have the hardest time finding health insurance coverage. For the 12 million young adults ages 18-23 who are not in school full-time, nearly 5 million are uninsured largely because it is no longer available through their parents. Other barriers to becoming insured include:

- Lack of information about low cost options
- Lack of knowledge on how to access resources
- Employer does not offer health insurance plan
- Unemployment
- Belief that they are healthy and do not need insurance
- Complicated application processes for programs like Basic Health

So what can you do?

- Know your options. There are several different programs for young adults to get affordable health care coverage. Give the [Access Coordinators](#) at WAHA a call at 788-6594 to find out more.
- Talk to your employer about health insurance options. Ask them what they offer, how you can become eligible for benefits, or if they will contribute to a plan that you have chosen.
- Avoid waiting for a job that offers benefits. Going uninsured even for a short amount of time puts your health and wallet at risk.

