



Teen Health Insurance Resource List



Finding Coverage

- [InsureKidsNow.gov](https://insurekidsnow.gov)
Find out if you or your family qualify for free or low-cost insurance (like CHIP or Medicaid) by state.
- **HealthCare.gov**
Explains how kids and teens can stay covered under a parent's plan until age 26 and other options.
- **State [Medicaid](#) and [CHIP](#) Programs**
Click on the direct links above to access each state's programs for free or low-cost care for families, children, and teens.



How to Use Your Insurance

- [CHIP Tips for Teens](#)
What to expect once you're covered—where to go, what services are included, and what to bring.
- [MyHealthfinder \(by HHS\)](#)
Plug in your age and sex to find out what preventive services (like vaccines, checkups, and screenings) are covered for free.



For Teens Going to College

- [College Health Insurance Requirements](#)
Check this if your college requires insurance or offers a school-sponsored plan (UnitedHealthcare StudentResources).



Bonus: Follow for Easy Explainers

- **YouTube: [KFF \(Kaiser Family Foundation\)](#)**
Has short animated explainers about how health insurance works in the U.S.