

Essential Plans

Healthfirst Essential Plans offer comprehensive coverage to low-income individuals ages 19–64.

Find out if you're eligible for a \$0 monthly premium—get in touch with us today.



Some Plans Include: Dental Vision

Benefits such as:

- Doctor visits, including no-cost preventive care and wellness visits
- Emergency room and urgent care visits
- Hospital stays
- Lab tests (including blood tests and X-rays)
- Prescription drug coverage†
- 24/7 access to doctors through video chat or phone with Teladoc^{††}
- And more!

Contact

Call us: 1-855-725-3349
Monday to Friday, 9am–8pm

TTY
English: 1-888-542-3821
Spanish: 1-888-867-4132



Think you can't afford health insurance? You have options.

You could pay as little as **\$0 or \$20 a month** with the Essential Plan, available to individuals between the ages of 19 and 64, based on your household income. With the Essential Plan, you'll pay **no deductible** with our Essential Plan as well.

Join Healthfirst and you'll also have convenient access to:

- Healthfirst Community Offices throughout New York City and on Long Island
- Help in seven languages

You can even get **vision and dental coverage for as low \$0**, depending on the plan.^{†§} If you're eligible, **you can enroll at any time of the year. We can help you find out if you're eligible.**

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Plans are offered by affiliates of Healthfirst, Inc. Plans contain exclusions and limitations.

[†]Some copay, premium, and additional costs may apply, based on income and plan type.

^{††}Telemedicine isn't a replacement for your Primary Care Provider (PCP). Your PCP should always be your first choice for care and for regular visits.

[§]You must be enrolled in a Healthfirst Essential Plan 1 Plus Vision & Dental; a Healthfirst Essential Plan 2 Plus Vision & Dental; a Healthfirst Essential Plan 3; or a Healthfirst Essential Plan 4 to have adult dental and adult vision benefits.

To learn more about applying for health insurance through NY State of Health, The Official Health Plan Marketplace, visit www.nystateofhealth.ny.gov or call 1-855-355-5777.