Resources for Medical Care and Health Insurance in Washington State

For people with limited incomes

**Apple Health for Kids**
The Apple Health for Kids program makes it easier to apply for children’s medical coverage. To find out about eligibility and how to apply:

Call ........................................................................................................... 877-543-7669
Visit ........................................................................................................ www.hrsa.dshs.wa.gov/applehealth

**Basic Health and Washington Health**
These state plans offer lower-cost health insurance based on income and family size. Pre-existing conditions or other service limitations may apply. To learn more about either program:

Call ........................................................................................................... 800-660-9840
Visit ........................................................................................................ www.hca.wa.gov/reduced_cost.html

**Department of Social and Health Services**
For general information on state medical assistance (Medicaid):

Call ......................................................... 800-562-3022

To find the nearest Community Services Office (CSO) or to apply online:

Visit ........................................................................................................ www.dshs.wa.gov

**King County Mental Health Plan**
For information on eligibility for King County mental health services and finding other low-cost mental health providers:

Call ........................................................................................................... 206-263-9000
Visit ........................................... www.kingcounty.gov/healthservices/MentalHealth

**King County Public Health Department**
For information on Public Health Department clinics:

Call ........................................................................................................... 206-296-4600
Visit ........................................... www.kingcounty.gov/healthservices/health/locations
Neighborcare Health

Neighborcare Health provides low-cost medical and dental health care in the greater Seattle area. To learn more:

Call ................................................................. 206-461-6935
E-mail ............................................................ enrollment@neighborcare.org
To find the clinic nearest you, visit ................. www.neighborcare.org

Office of the Washington State Insurance Commissioner

- For general questions about health insurance coverage in Washington state or to solve a problem with your insurance company:
  Call ................................................................. 800-562-6900
  Visit ...................................................................... www.insurance.wa.gov

- Statewide Health Insurance Benefits Advisors (SHIBA)
  The SHIBA Helpline is run by the state insurance commissioner’s office. It provides free counseling on Washington state health insurance plans.
  Call ................................................................. 800-562-6900
  Visit ...................................................................... www.insurance.wa.gov/shiba

Prescription Drug Program

This is a membership program for Washington residents who have limited or no prescription drug coverage. Average savings are up to 20% for brand-name drugs and 60% for generic drugs. To learn more:

Call ................................................................. 206-521-2027 or 800-913-4146 (toll-free)
Visit ...................................................................... www.rx.wa.gov

Sea Mar Community Health Centers: Clínica de la Comunidad

Sea Mar provides health care and other services to low-income, underserved, and uninsured Washington residents. Their website is available in English and Spanish. To learn more:

Call ................................................................. 206-763-5277
For clinic locations, visit ........................................ www.seamar.org

Washington State High Risk Insurance Pool (WSHIP)

WSHIP provides health insurance for state residents who are denied or do not have access to other health insurance plans.

Call ................................................................. 800-877-5187
Visit ................................................................. www.wship.org