#### **Our Statewide Network**

#### **NEW YORK STATE**

Community Service Society of New York, (888) 614-5400

†Center for Independence of the Disabled, New York and New York

Association on Independent Living, (877) 228-1198

Empire Justice Center, (800) 724-0490

Legal Aid Society, (888) 500-2455

Medicare Rights Center, (800) 333-4114

#### CAPITAL DISTRICT

Healthy Capital District Initiative, (518) 462-7040

#### **CENTRAL NEW YORK**

TAIDS Community Resources, Inc., (315) 475-2430

Mohawk Valley Perinatal Network, (877) 267-6193

†Public Policy & Education Fund, (315) 435-2480

Syracuse Northeast Community Center, (315) 472-6343

#### LONG ISLAND

Health and Welfare Council of Long Island, (516) 505-4438

tMake the Road New York, (631) 231-2220

Nassau-Suffolk Hospital Council, (631) 435-3000

#### **MID-HUDSON**

†Maternal-Infant Services Network of Orange, Sullivan and Ulster Counties, (845) 928-7448 x. 307

Westchester County Department of Health, (914) 813-5048

#### **NORTH COUNTRY**

Adirondack Health Institute, (518) 761-0300 x. 31252

†North Country Prenatal/Perinatal Council, (800) 279-8679

#### **NEW YORK CITY**

Bronx Health Link, (718) 590-2646

†Children's Aid Society, (212) 503-6820

†Emerald Isle Immigration Center, (718) 478-5502 x. 209

Gay Men's Health Crisis, (212) 367-1143

Harlem Congregations for Community Improvement, (917) 645-9852

†Jewish Community Center of Staten Island, (718) 981-1400

Korean Community Services, (212) 463-9685

tMake the Road New York, (718) 565-8500

Northern Manhattan Improvement Corporation, (212) 822-8344

†Public Health Solutions, (646) 619-6538

South Asian Council for Social Services, (718) 321-7929

United Jewish Organizations of Williamsburg, (718) 643-9700 x. 207

#### **SOUTH CENTRAL NEW YORK**

tMothers & Babies Perinatal Network, (800) 231-0744

#### WESTERN NEW YORK

Legal Assistance of Western New York, (585) 325-2520

†Public Policy & Education Fund, (716) 852-4050

S2AY Rural Health Network, (607) 962-8459

# Our Services Are Free

## Get help today.

Call: (315) 732-4657 or

toll free (877) 267-6193

Email: info@newfamily.org

Visit our website:

www.newfamily.org



CHA is a program of the Community Service Society 105 East 22nd Street, New York, NY 10010

Call: 1-888-614-5400 Email: cha@cssny.org

Visit our website: <a href="www.communityhealthadvocates.org">www.communityhealthadvocates.org</a>
Find a local CHA agency:

(See our statewide network list inside)







Connecting You
to Health Care
and Health
Insurance

mohawk valley
perinatal
network

### What is CHA?

Community Health Advocates (CHA) is a network of organizations from around New York State that helps New Yorkers:

- ✓ get health insurance, and
- ☑ get the most out of it



## You've got insurance, now get the health care you need.

We can give you information and individual assistance

We can help you in any language

We keep your information confidential

We are all around New York state

We provide free services

## If you have any of these questions, CHA can help.

What's in health care reform for me?

How can I get health care with a limited budget?

How can I get health insurance?

How does my insurance work?

What are my rights?

How do I deal with medical bills?

How can I resolve a dispute with my insurance?

How can I keep my insurance?

How can I reduce my insurance costs?



### **Health Care Reform**

The new federal health care law is called the Affordable Care Act (ACA).

ACA makes health care less expensive and more accessible for many people

ACA provides discounts for people in Medicare Part D who hit the donut hole

ACA gives tax credits to small businesses so they can provide health insurance to their employees

ACA prevents insurance companies from denying services to their members for a pre-existing condition

ACA makes health insurance companies spend more in actual health care