Consumers for Affordable Health Care (CAHC) is a Maine based, not for profit advocacy organization committed to helping all Maine people get quality, affordable, health care.

CAHC is not a government office or insurance company.

Free, confidential help with health coverage options

Maine’s Health Insurance Consumer Assistance Program

Consumers for Affordable Health Care

www.mainecahc.org

PO Box 2490 Augusta ME 04338

1-800-965-7476
How can we help?

Consumer Assistance HelpLine
1-800-965-7476

We can help you:
• understand your insurance options
• choose and enroll in a private Marketplace plan
• understand your rights and how to appeal if your insurance company denies a claim
• find programs that may help with health care and prescription drug costs

All calls are free and confidential.

Help applying for MaineCare, also called Medicaid, or other public coverage programs is also available.

1-800-965-7476
www.mainecahc.org

Reliable information from trained experts.

Online Health Care Guide
www.mainecahc.org/guide

Our Online Health Care Guide has helpful information about coverage options and programs that can help you pay for care.

Advocacy
www.mainecahc.org/policy

Sign up for CoffeeCAHC, our weekly e-newsletter, for updates on the policy and advocacy work we are engaged in to improve access to quality, affordable health care in Maine.

Workshops & Presentations
www.mainecahc.org/events

Join our experts for in-depth trainings for professionals on MaineCare eligibility, the Marketplace, private insurance, and health coverage programs. Continuing education credits may be available.

Call for customized workshops and presentations.