

# Health Coverage for Former Foster Care Youth

- Did you leave Oregon's foster care system at age 18 or older?
- Are you under age 26 and need health insurance?

## You can get free health care coverage

---

If you live in Oregon and are a young adult who aged out of State or Tribal foster care in any state, you are eligible to enroll in the Former Foster Care Youth Medical Program (**FFCYM**). Your coverage will be through the Oregon Health Plan (**OHP**).

## How to get it

---

- **Get an application**
  - Ask your ODHS caseworker, Independent Living Program provider or FosterClub representative for an application.
  - You can also [apply online at one.oregon.gov](https://one.oregon.gov). Make sure to indicate that you are a former foster youth.
- **Select your coverage options**
  - You will be asked about what services, providers and medical plan you prefer.
  - Your coverage will be effective the day your application is received by OHP.
- **Let OHP know if your mailing address has changed**

Once these steps are complete, OHP will mail you a medical card and information about your medical plan. It's that simple!

## Need help?

---

- **Call OHP Customer Service:** 800-699-9075 or 711 for TTY
- **Find free local help:** [Visit healthcare.oregon.gov/Pages/find-help.aspx](https://healthcare.oregon.gov/Pages/find-help.aspx)
- **Call FosterClub:** 503-717-1552

## More resources

---

[Visit our Transition Services website](#) for more information and resources.