



### Get Washington's Children Covered

Sign-up events are happening across Washington to help families learn if their children qualify for free or low cost health insurance through the state's Apple Health for Kids program. Families of four earning up to \$66,000 per year could be eligible for insurance coverage for their kids. [Learn more about Apple Health](#)



- [Find a sign-up event](#)
- [Download the event flyer](#)
- Call the Apple Health Hotline **1.877.543.7669** (help in any language)
- [Find the Apple Health representative in your county](#)

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### Family Health Hotline 1.800.322.2588



[WithinReach](#) connects clients to a broad scope of health and food resources in Washington State through the Family Health Hotline. Assistance for callers is available with short wait times (less than 1 minute on average). Bilingual Spanish speaking staff plus the ATT Interpreter Line serve callers of any language.

The Hotline is open Mon-Thur 8-5:30 and Friday 8-5.

Knowledgeable staff have up-to-date information on state-sponsored health insurance and food programs. Hotline staff screen callers for eligibility, explain how programs work and can assist them in applying for:

- Apple Health for Kids (free & low-cost coverage)
- First Steps Pregnancy Medical
- Family Medical
- Take Charge family planning coverage
- WIC
- Basic Food/Food Stamps

Callers are also connected with services in their local community including: low-cost medical clinics, immunizations, prescription assistance, WIC Clinics, food banks, child care, resources for children with special needs and more.....

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## **ParentHelp123.org**

Website users can screen each family member for state-sponsored health insurance and food programs and apply online. Using the Resource Finder, ParentHelp123.org users can also search for services in their local community.

- [Screen for eligibility and apply online](#)
- [Search for resources in your community](#)



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## **Prescription Assistance**

Washington State offers two programs to help residents with the cost of medications:

- [WA Prescription Drug Program Discount Card](#)
- [Rx Help for Washington](#)



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## **WA Insurance Commissioner -resources for the uninsured**



If families don't qualify for state benefit programs, refer them to SHIBA (State Health Insurance Benefit Advisors) for free health care coverage counseling.

Call the SHIBA Statewide Hotline **1.800.562.6900**

- [Contact your local SHIBA office](#)
- [Email SHIBA](#) (include: name/contact info/county you live in/your question)
- [Review resources online](#)

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## **Tips to share with uninsured clients:**

- Find out if you are eligible for state benefits
- Find low cost medical clinics that offer sliding fees based on income
- Ask about charity care programs at hospitals
- Use urgent care clinics instead of hospital emergency rooms for routine care.
- Ask about generics if you get a prescription. Many generic medications are available at pharmacies for as low as \$4 per prescription.
- Find free breast, cervical and colon cancer screening. [Learn more](#)
- [Take a survey](#) to share your opinion about the need for Washington to offer an affordable health program for state residents of any income.



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**WithinReach is now on Facebook and Twitter** Follow us for the latest in maternal, child, and family health in Washington and beyond! We'll keep you posted on our recent advocacy and outreach efforts as well as national trends and local news in the field of family health.



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Sign up for [What's New for Professionals](#) emails to stay informed about updates to health and food resources for your clients.

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ParentHelp123.org is a program of WithinReach, [www.withinreachwa.org](http://www.withinreachwa.org)

For more information, visit <http://www.parenthelp123.org/> or contact Sue Waldin, Outreach Specialist [suew@withinreachwa.org](mailto:suew@withinreachwa.org) or 206.830.7646