

What to do if you are losing or have lost your health insurance.

First, call our office (607-277-0969) and let us know. Many people have insurance problems from time to time. If we can't take your call right away, a nurse will call you back to assist you. *Don't stop taking care of your health. We can work with you to find a way to stay healthy without breaking your budget. People who stop important medications put themselves at risk of very expensive (and sometimes, dangerous) complications that can be avoided.*

Here are just a few of the many options our nurses can help you start to think about. We can't answer these questions for you, but we can definitely give you the information you need to get the best possible options for yourself and your family.

Do I qualify for one of the New York state insurance programs (Family Health Plus, Healthy New York, Medicaid, etc.)?

To find out, **check <http://www.dfs.ny.gov/insurance/chealth.htm>** or call 1-800-231-0744, the Samaritan Center of Catholic Charities for Tompkins/Tioga counties.

I can't afford my prescriptions. What should I do?

There could be a cheaper alternative or you could be eligible for patient assistance from the drug manufacturer. Because it can take several weeks to be approved, call our office promptly. We may also be able to help you reduce the number of medications you are taking.

I can't afford to come for routine visits anymore. Please cancel my appointment.

Let us know. We will call you back and work out an acceptable schedule of visits. Give us at least 24 hours notice if you must cancel a visit to avoid a missed visit fee.

Do you offer any discount to people who have no health insurance?

Yes we do. If you pay the day of your visit, there is a 30% discount.

How can I take care of myself without health insurance?

There is a lot you can do. A nurse or a nurse practitioner will go over your options. There are free screenings for breast and colon cancer, discount programs from pharmacies and many other ways to save money.

I am worried that I am already behind on my bills. Will you see me anyway?

It is essential that you inform our office if you are unable to pay your bill. Please contact our office manager, Stephanie Giordano (277-0969 or Giordano@ithacamed.com). If you work out a payment plan, we will continue to provide care for you.