



Health Care Coverage Options

Group Coverage

Many companies offer group plans to self-employed individuals. You'll usually be asked to prove that you've reported self-employment income to the IRS for the current year. Contact a local insurance agent for details. Even if you're not self-employed, some business organizations or local associations you belong to may offer limited health insurance products. Be sure to explore your options and read the fine print; you may want to call the Office of Insurance Commissioner (1-800-562-6900) before purchasing group coverage.

Individual Coverage

Some private insurers may be accepting application for individual coverage. The following are possible options:

Asuris Northwest Health 1-866-704-2708 www.asurisnorthwesthealth.com	Premera Blue Cross 1-800-722-1471 www.premera.com
Group Health Cooperative 1-800-358-8815 www.ghc.org	Regence BlueCross BlueShield of Oregon 1-888-734-3623 www.or.regence.com
KPS Health Plans 1-800-628-3753 www.kpshealthplans.com	Regence BlueShield of Idaho 1-888-734-3623 www.id.regence.com
Lifewise Health Plan of Washington 1-800-592-6804 www.lifewisewa.com	Regence BlueShield of Washington 1-888-734-3623 www.wa.regence.com

Other Organizations to Contact

There are several organizations that can help you find insurance that is right for you. The following are possible options:

DSHS Medical Assistance 1-800-562-3022 www.dshs.wa.gov	Apple Health for Kids 1-877-543-7669 www.applehealthforkids.wa.gov
Office of the Insurance Commissioner 1-800-562-6900 www.insurance.wa.gov	Prescription Drug Program 206-251-2027 www.rx.wa.gov