

RERF Resource



## Health Resources

***Affordable Health Plans.Org*** - Speak with a licensed agent and get expert advice on choosing a plan that's right for you. \*Possible plan options include, but are not limited to Major Medical Plans, Short Term Plans, Fixed Indemnity Plans, and more. Prices may vary based on plan types, location, and other factors. (this is a non-government entity)  
<https://www.affordablehealthplans.org/>

***Healthcare Marketplace*** - A federal government website managed and paid for by the U.S. Centers for Medicare & Medicaid Services. [HealthCare.gov](https://www.healthcare.gov) helps you find insurance options, compare care, learn about preventive services, and more. If your employer does not offer insurance, you're self-employed, or you want to buy your own insurance, you can get it through the Marketplace. The [Health Insurance Marketplace](https://www.healthinsurancemarketplace.com) offers health, vision, and dental insurance for you and your family.  
[Get 2022 health coverage. Health Insurance Marketplace® | HealthCare.gov](https://www.healthinsurancemarketplace.com)

***Mental Health.Gov*** - Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Mental health problems are common but help is available.  
<https://www.mentalhealth.gov/>

***Health Advocate*** – 1-866-695-8622 (Mon – Fri 7AM – 9PM CST) [healthadvocate.com/members](https://www.healthadvocate.com/members)  
[Health Advocate – We Make Healthcare Easier](https://www.healthadvocate.com/members)

***Quit for Life*** – Tobacco Cessation 1-866-784-8454 [quitnow.net](https://www.quitnow.net)

***National Suicide Prevention Lifeline*** – 988 or (800)273-8255 [Lifeline \(suicidepreventionlifeline.org\)](https://www.suicidepreventionlifeline.org)