

# Insurance Matters - Uninsured

## Patient Handout

### Considerations if you are Uninsured or Underinsured

- ✦ You may qualify for Medicaid. We suggest that you visit this website to check: <https://medicaid.ncdhhs.gov/medicaid/get-started/eligibility-medicaid-or-health-choice>
- ✦ You may be able to enroll for health insurance on the Healthcare Marketplace. To check, go to this website: <https://www.healthcare.gov/>
- ✦ There may be community-based exercise programs at locations like the YMCA or Senior Centers.
- ✦ Community health centers may offer therapy services for free.
- ✦ Some private therapy clinics may offer free care for patients unable to pay for services.
- ✦ Therapy education programs at universities/colleges may offer free exercise clinics.
- ✦ Community services, churches, other support programs may have equipment (e.g., walkers, canes, etc.) for free or at a reduced cost.

