



## How The Patient Protection and Affordable Care Act Will Help Young Adults

### Lower Costs for Young Adults

#### ✓ **Preventive Care for Better Health**

- The *Patient Protection and Affordable Care Act* will ensure that all Americans have access to free preventive services through their health insurance plans and invest in prevention and public health to encourage innovations in health care that prevent illness and disease before they require more costly treatment. Simple prevention can stop a small health problem from getting worse.

#### ✓ **Insurance Industry Reforms that Save Young Adults Money**

- The *Patient Protection and Affordable Care Act* will cap what insurance companies can require in out-of-pocket expenses, such as co-pays and deductibles. It will eliminate lifetime limits on how much insurance companies cover if a young adult gets sick and restrict use of annual limits.
- The *Patient Protection and Affordable Care Act* will require annual reviews of health insurance premium increases to track arbitrary increases, crack down on excessive insurance overhead, and apply standards on how much insurance companies can spend on non-medical costs, such as bureaucracy and advertising.

#### ✓ **Ensures Affordable Coverage**

- The *Patient Protection and Affordable Care Act* will provide premium tax credits to limit the amount an individual spends on their health care premium from two percent of income at 100 percent of the Federal Poverty Level (FPL) to 9.8 percent of income from 300-400 percent of the FPL.
- The *Patient Protection and Affordable Care Act* will provide cost-sharing credits to reduce the amount of cost-sharing that lower-income individuals are responsible for to no more than 10 percent of total benefit costs for those between 100-150 percent of the FPL and no more than 20 percent for those between 150-200 percent of the FPL.

### Greater Choices to Meet the Needs of Young Adults

#### ✓ **Insurance Policies for Young Adults**

- The *Patient Protection and Affordable Care Act* will create a health insurance Exchange (including a catastrophic-only coverage option) so young adults can decide how much coverage they want. The Exchange will provide a wide variety of choices – including private options and a public option to ensure more choices and increased competition.

#### ✓ **One-Stop Shopping - Putting You in Charge**

- The health insurance Exchange will provide standardized, easy-to-understand information on health insurance plans offered in a geographic region so young adults easily compare prices and plans to decide which quality affordable option is right for them.

#### ✓ **Insurance Security as you Begin Your Career**

- Young adults frequently change jobs, move, or hold part-time or temporary jobs. The *Patient Protection and Affordable Care Act* ensures young adults always have quality, affordable health insurance choices, regardless of how their lives change.
- No matter how long young adults have worked, when they enroll in the CLASS program for \$5.00/month as a student, they will have a cash benefit in the event of long-term care needs.

### Quality, Affordable Health Care for All Young Adults

#### ✓ **Extend Health Coverage Through Parents**

- The *Patient Protection and Affordable Care Act* will allow young adults to stay on their parents' health care plan until age 26. This will help to cover many of the one in three young adults who are uninsured.

#### ✓ **Health Care When You Need It Most**

- Young adults are just starting jobs and careers, and often lack access to job-based coverage. Even when they do have access, often they cannot afford to buy expensive health insurance. The *Patient Protection and Affordable Care Act* will offer health insurance through a health insurance Exchange to those without job-based coverage and provide premium assistance to those who still cannot afford it.