



I am looking for...

- [HMO Report Card](#)
- [How To Use Your Health Plan - Guide](#)
- [The California HMO Guide for Seniors](#)
- [Managed Care Research and Reports](#)
- [OPA Events](#)
- [Photo Gallery](#)
- [Community Calendar](#)

Related Links

- [Resource links to other Advocacy Groups](#)
- [Request Free Educational Materials](#)

COBRA and Cal-COBRA Financial Assistance

Keeping a Group Plan with COBRA

Lost your job? Keep your coverage at a reduced price

Receive a **65% reduction** in your **COBRA** and **Cal-COBRA** costs. **COBRA** helps you keep your health coverage when your job ends.

See if you or your family may qualify (check those that apply)

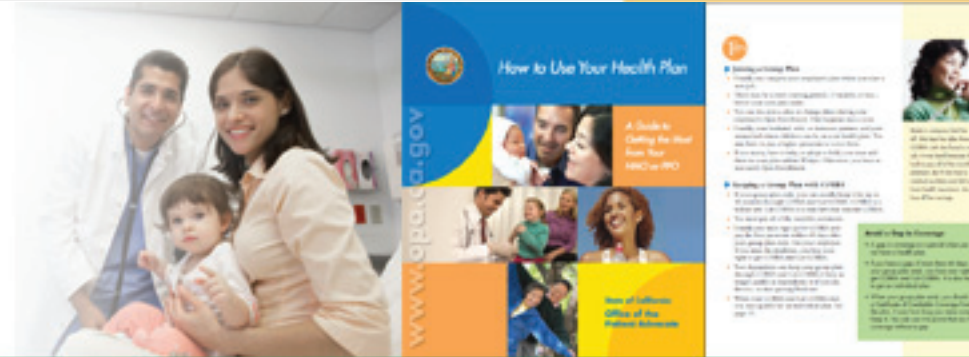
1. Enrolled in former employer's health plan and the company/health plan is still in operation.
2. Involuntarily terminated between Sept. 1, 2008 and Dec. 31, 2009.
3. Employed by a large company (20 or more).
4. Not eligible for Medicare or other group health coverage.

Check the applicable boxes above to see if you may qualify.

- [More details](#) on the COBRA financial assistance.

More Resources on COBRA and Cal-COBRA

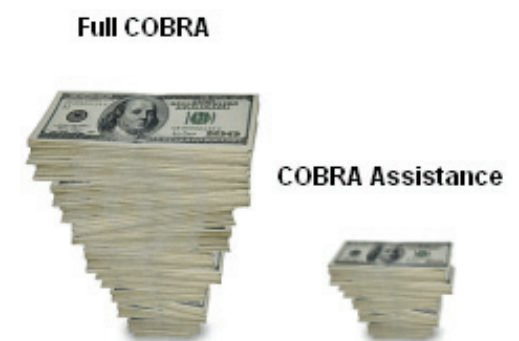
- [Getting Covered: Finding Health Insurance When You Lose Your Job](#)
- [Overview of Cal-COBRA\COBRA](#) by California's Department of Managed Health Care
- [PSA](#)
- [COBRA FAQs](#) by U.S. Department of labor
- [COBRA Flyer](#) (in [Spanish](#))
- [Medicare and COBRA](#)



Other options for health coverage

COBRA is not for everyone, other low cost options may be available to you:

- Spouse or domestic partner's employer
- [Medicare](#)
- [Medi-Cal](#)
- [Healthy Families](#)
- Insurance on the [individual market](#)



*The **financial assistance** helps reduce health care costs close to what you were paying with your former employer. This is a great way to keep coverage if you have a chronic condition, have trouble getting insurance on the individual market, or you don't qualify for other low cost options.*