

# What is health insurance?

Health insurance helps you pay for medical care when you have an illness, injury or seek preventive services that are important checkpoints to keeping you healthy. There are several types of plans you can choose and each one has a different amount that you and the insurance company will pay. You can purchase health insurance for yourself or you can get a family plan and cover your spouse, domestic partner and children.

**Most plans help you pay for services like:**



**Preventive visits**



**Vaccinations**



**Specialist visits**



**Hospitalization**



**Behavioral health/  
mental health services**



**Pregnancy, maternity  
and newborn care**



**Prescription drugs**



**Emergency room visits**



**Lab work**



Learn more about health insurance at [hub.arkansasbluecross.com/health-insurance-basics](https://hub.arkansasbluecross.com/health-insurance-basics)

