

Subject line: REMINDER: Your Essential Plan health insurance coverage ends June 30  
Pre header: Explore options to continue care at Mount Sinai

Dear <firstname>,

This is a reminder that because of changes in federal law, **your Essential Plan 5 (also known as Essential Plan 200-250) health insurance plan will end on Tuesday, June 30.** If you have already changed to a different insurance plan, please disregard this message.

You should have already received notices from NY State of Health about this. It is very important to carefully review these notices.

Most of you will be eligible to enroll in a “Qualified Health Plan” (QHP) through the New York State Marketplace. Most of you should also be eligible for reduced monthly premiums for these plans.

We strongly encourage you to do **one of the following before June 30 to ensure no lapse in insurance coverage:**

- Check with your employer or labor union to see if they offer health insurance coverage. If your spouse or partner has health insurance from an employer or union, you may also be able to get coverage under that plan. Ask your spouse/partner to check with their company’s HR or Benefits department.
- You may be able to switch to a qualified health plan (QHP) with which Mount Sinai Health System participates. Please call your provider’s office to find out which QHPs your provider is in network with. In general, Mount Sinai participates with the following QHPs:
  - EmblemHealth Exchange Plans
  - Fidelis Exchange/QHP Plans
  - Healthfirst Exchange/QHP Plans
  - Metroplus\*
  - Oscar

\*Note: Mount Sinai South Nassau does not participate in MetroPlus’ network

- **If you want to change plans, you will need to log in to your NY State of Health account.** For help, you can call NY State of Health at 1-855-355-5777 (TTY: 1-800-62-1220) or contact them through their website at [www.nystateofhealth.ny.gov](http://www.nystateofhealth.ny.gov).
  - **Make sure to update your personal information,** as NY State of Health will use this information to determine your plan eligibility.

You may qualify for financial assistance from Mount Sinai. You can learn more about our financial assistance policy [here](#).

We know these federal changes have put you in a difficult situation, and we want to help you as much as we can. To speak to someone at Mount Sinai for help with changing your health insurance coverage, please call us at 212-987-3100. We have also set up a [web site](#) for more information.