



Health Care Resources

Affordable Care Act (ACA) and state assistance

- ACA
 - For general questions or assistance, call 800-318-2596 or visit <https://www.healthcare.gov>
 - For local assistance, visit <https://localhelp.healthcare.gov/>
- Idaho
 - For general questions or assistance, visit <https://www.yourhealthidaho.org/>
 - For local assistance, visit <https://www.yourhealthidaho.org/find-help>
- Oregon
 - For general questions or assistance, visit <https://healthcare.oregon.gov/Pages/index.aspx>
 - For local assistance, visit <https://healthcare.oregon.gov/Pages/find-help.aspx>
- Utah
 - For general questions or assistance, visit <https://health.utah.gov/disparities/healthcareinutah.html>
 - For local assistance, visit <https://takecareutah.org/>
- Washington
 - For general questions or assistance, visit <https://www.wahealthplanfinder.org/>
 - For local assistance, visit <https://www.wahealthplanfinder.org/us/en/support.html>

LifeMap assistance

For general questions or assistance, call 800-756-4105 or email support@lifemapco.com

For general questions or assistance with a claim, call 800-286-1129, fax 855-733-4615, or email claims@lifemapco.com