

What health care services are covered by HMK?

Children can get the following services:

- office visits and well-child checkups
- emergency care
- physicals for sports and jobs
- immunizations/shots
- dental visits
- vision exams and eyeglasses
- hearing exams & hearing aids
- hospital care
- prescription drugs
- clinic services
- lab and x-ray services
- mental health services
- substance abuse services
- and more

HMK covers pre-existing medical conditions



Income guidelines for HMK*

If the number of people living in your home (adults & children) is:	Your family can earn up to this amount and may qualify for HMK
2	\$36,425
3	\$45,775
4	\$55,125
5	\$64,475
6	\$73,825
7	\$83,175
8	\$92,525

*Effective October 1, 2009

Children may be eligible for HMK even if family income is more than the amount listed. There are income deductions for employed parents and dependent care expenses.



Free or low-cost health coverage for children and teenagers up to age 19

**1-877-KidsNow
(1-877-543-7669)
www.hmk.mt.gov**



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"Now I can let my children play sports. I don't have to worry about how to pay for the sports physical or a medical emergency."

What's the Healthy Montana Kids Plan?

The Healthy Montana Kids Plan (HMK) offers low-cost or free health coverage for children up to age 19.

Children may qualify for HMK if:

- ☀ the children are Montana residents, U.S. citizens or qualified aliens; and
- ☀ family income meets income guidelines based on family size.

For some families, depending on income:

- ☀ there may be an enrollment delay if the child is currently insured.



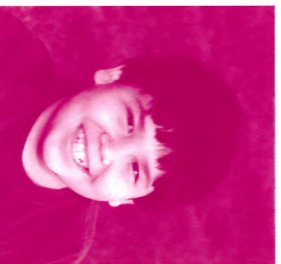
☀ **Don't delay.
Apply today!**

Children and teenagers, who get regular check-ups (and treatment for health problems) when they are growing up, do better in school and are more likely to become healthy adults.



☀ What's the cost?

- ☀ There are small co-payments for some families.
- ☀ No family pays more than \$215 a year in co-payments.
- ☀ There are no co-payments for well-child checkups, immunizations, dental visits or eyeglasses.
- ☀ Families pay no monthly premiums or deductibles.



There are no co-payments for Native American children covered by HMK and they may receive services from any participating provider, including IHS and Tribal Health providers.

☀ How do I apply for the Healthy Montana Kids Plan?

The easiest way to apply is to visit www.hmk.mt.gov, and apply on-line.

OR

You can download an application at our website and fill it out on your computer, print, sign and mail it to the address on the application.

OR

You can download an application at our website, print it, fill it in by hand, sign and mail it to the address on the application.

OR

You can call the HMK Family Health Line at 1-877-KidsNow (1-877-543-7669) and ask for an application to be sent to you.

OR

You can also pick up an application and/or drop off a completed HMK application at any county Office of Public Assistance.

Applications are also available at hundreds of locations across Montana, such as:

- ☀ Doctor and Dentist Offices
- ☀ Schools
- ☀ Job Service Centers
- ☀ City-County Health Departments
- ☀ WIC Offices
- ☀ Head Start Programs
- ☀ IHS and Tribal Health Facilities