



**Consumer Assistance News provides information, tips, and updates to help people understand health coverage and healthcare options.**

It's June in Maine, and we finally have the sunshine and warmth we've been waiting for! From beach days on the coast to lakeside picnics, we're doing our best to soak up the summer fun. In this month's edition of Consumer News, we're sharing some exciting news, including a date for this year's *Health Care for Maine* conference, updates from SUN Bucks, CoverME.gov, information about Pride Month, summer safety on the job, migraine awareness, and a health coverage term of the month!

## Health Care for Maine Conference



### **Save the Date for the 9th Annual Health Care for Maine Conference!**

This year's *Health Care for Maine* Conference will take place September 3rd, from 9am-3:30pm at the Augusta Civic Center. The 2026 Conference theme is "Charting the Path to Resilience." We are excited to reconnect with passionate health care advocates, leaders, consumers, and change makers like you! If you have attended before, you know this event is worth a spot on your calendar!

Once you have registered for the event, you will be emailed updates, including information about the keynote speaker, agenda, and more! Reduced or waived conference fees and scholarships may be requested. Register [here](#).

## Celebrating Pride Month



June is Pride Month, and there are plenty of ways to connect with the LGBTQIA+ community, get involved, and celebrate around the state! From parades and dinners to game nights and picnics, EqualityMaine has gathered this year's lineup of events in a [calendar](#). Looking for Pride activities in your local area? Outcoast has created a detailed [Maine Pride Guide](#) by region.

## Headache and Migraine Awareness Month



Every June, the [National Headache Foundation](#) community comes together to support people living with headache and migraine disease and educate about the impact of these conditions. 16% of adults in the US report dealing with severe headaches. In Maine, weather conditions like humidity and pressure changes as well as seasonal allergies can trigger headaches and migraines.

*"For me, migraines and headaches aren't just uncomfortable, they make everyday life harder. For more than 30 years, they've affected my quality of life and the people around me. I often wonder just how many weeks or months I've lost to the effects headache and migraine pain."*

-a Kennebec County resident

1 in 4 U.S. households include someone living with migraines. 90% people with migraine reported they could not "function normally" during days in which a migraine strikes. Nearly 3 in 10 require bedrest. If your headaches are impacting your life, schedule a time to talk with your doctor about treatment options. Need health coverage? Call the free HelpLine at 1-800-965-7476 to learn your options.

## Summer Safety Tips for Maine's Outdoor Workers



As Maine's spring turns into summer, daytime temperatures can get hot and humid. Mainers who work outside in the bright sun for long periods of time are at a higher risk of heat-related health concerns. In honor of [National Safety Month](#), which highlights workplace safety each June, we're offering a few tips to help Maine's outdoor workers stay safer when the weather is hot.

- **Stay hydrated:** Pack extra water, and remember to drink it, even when you're not thirsty. Sweating from heat exposure can lead to severe dehydration.
- **Seek shade when possible:** If you can't find shade while you're working, look for a shady spot during your break. Getting out of direct sunlight will help your body cool down.
- **Wear protective clothing and SPF:** Use and reapply sunscreen to exposed areas, wear a hat, sunglasses, and any other sun protection your outdoor job allows.
- **Learn your health coverage options:** Even with sun protection, heat-related illnesses and injuries can still happen. If you need health coverage, you can learn your options for free by calling 1-800-965-7476.

## SUN Bucks Helps Maine Kids Eat in Summertime



SUN Bucks is a summer program helping Maine kids get food when they don't have access to school lunches and snacks. The Maine Department of Health and Human Services' ([DHHS](#)) Office for Family Independence (OFI), in partnership with the Maine Department of Education (DOE), has announced the return of the summer [SUN Bucks](#) and [SUN Meals Programs](#). Eligible families in Maine are automatically enrolled in SUN Bucks.

Families were notified of their automatic enrollment through June 15th, but others can still apply until August 15th. For families who still want to apply, children must:

- be eligible for federally funded free or reduced-price meals
- be enrolled in a National School Lunch Program at a participating school
- not receive SUN Bucks from another state, territory, or indigenous tribal organization.

Families who no longer have their EBT card can request a new one through [pinetreecard.com](#) or by calling the EBT hotline at 1-800-477-7428.



Learning about insurance can be confusing, so CoverME.gov has created materials to help. These tools and resources are available online on the new [Resource Library](#) page. From health insurance terms to helpful details about different types of care, the new Resource Library aims to serve as a hub of Marketplace health insurance information.

## Health Coverage Term of the Month

# PRE-AUTHORIZATION

Pre-authorization is when a health insurer or plan decides that a health care service, treatment plan, prescription drug or durable medical equipment is medically necessary. It is also called "prior authorization", "prior approval" or "pre-certification". Your health insurance or plan may require it for certain services before you receive them, except in emergencies. Having pre-authorization doesn't guarantee a health insurer or plan will cover the cost.

Have Questions? We Can Help!



Consumers for Affordable Health Care



Call our free HelpLine 1-800-965-7476

Need Health Insurance? We can help you learn your options, apply for [MaineCare](#), or enroll in a [Marketplace](#) plan at [CoverME.gov](#) through a Special Enrollment Period. Learn more about our services [here](#).