

September Edition 2026 Consumer Newsletter



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

It's September, and Maine's summer is quickly turning into fall. We're swapping our lemonade for apple cider, trading swimwear for sweaters, and noticing signs of the seasonal shift. In this month's edition, we're sharing information about health coverage options for Mainers over 65, an upcoming event, hospital free care, a consumer story, MaineCare updates, and more. Enjoy!



Many Mainers 65 and over are either eligible for MaineCare (Maine's Medicaid Program), Medicare, or both!

- Mainers 65 and over may be eligible for MaineCare or the Medicare Savings Program (MSP) which helps many Mainers pay Medicare premiums and other out of pocket costs. Call our free HelpLine at 1-800-965-7476 to get answers about these options and help with filling out an application.
- Mainers can learn more about Medicare by visiting their local Area Agency on Aging. Find the nearest location [here](#).

Upcoming Event | 2026 Change AGent Summit



Maine Council on Aging | 2026 Change AGent Summit *Beyond Longevity: Closing the Health & Wellness Gap*, will take place on Wednesday, September 30th, at the University of Southern Maine Abromson Center.

Join the [MCOA](#) for an incredible day of learning, sharing and inspiration focused on aligning health and wellness with longevity as they work to transform the experience of aging in Maine. Tickets are available [here](#).

Hospital Free Care



In Maine, hospitals are required by law to offer free “medically necessary” services to people with limited income. No one can be turned away from hospital emergency care regardless of income or insurance.

If your income is under a certain level, those services must be provided free of charge. Medically necessary health care includes inpatient and outpatient hospital service. This would include Emergency Room visits, Urgent Care visits, medications, labs, or physician services at any hospital and associated practices in Maine. Free care works whether you have health insurance or not.

A single person who makes less than \$31,920.00 a year or a family of four with an annual household income less than \$66,000.00 can get free hospital services. Some hospitals provide free or discounted care at higher levels. Learn more [here](#).



Eligibility changes for some adult members:

The Federal Government is making [changes to MaineCare](#) (Maine's Medicaid Program) eligibility rules for some adults. Starting January 1, 2027, MaineCare Expansion members who are not exempt will need to meet new work or volunteer requirements to keep their MaineCare. MaineCare expansion members are adults between 19 and 64 years old who don't meet Social Security disability guidelines or have Medicare.

Starting with their 2027 MaineCare renewal date, these members may need to report their work, volunteer, or school activities and renew their coverage more often in order to keep their MaineCare coverage.

Learn more about the changes [here](#).

Transportation help:

MaineCare covers [Non-Emergency Transportation \(NET\)](#) for eligible members. Members can get a ride to their MaineCare-covered health care visit or have their ride reimbursed by MaineCare. It's important to call for a ride at least 2 business days before your visit to make sure it is covered by MaineCare and approved by the transportation broker. Call MaineCare Member Services at 1-800-977-6740 to learn more.



Consumer Stories | York County



Technology can feel like a barrier for people who need to learn their health coverage options. Not all Mainers have internet access or a computer. Others may worry about whether they can trust the answers they find online. After getting help from CAHC's HelpLine, a York County consumer shared:

"I am so grateful you all are here. I am not online and I don't think I could do this without you!"

Mainers don't need to be good with technology to learn their health coverage options. Our trained experts are just a phone call away. Call our free HelpLine at 1-800-965-7476 to get started.

Maine Vaccine Program now Includes Adults



Maine has expanded its universal immunization program for children to include adults through age 64. Increased access to vaccines helps more Mainers prevent many dangerous diseases. Vaccines are available at hundreds of locations throughout the state, including health centers and primary care clinics and are usually free. A list of available vaccines for adults can be found on the Maine Vaccine Board [web page](#).

Health Coverage Term of the Month

EXCLUSIONS AND LIMITATIONS

Exclusions and Limitations are the list of services and procedures that your health coverage plan will not cover, such as experimental treatment or cosmetic surgery. It also lists items that have special limits on coverage, such as certain rehabilitative service or home care.

Need help comparing health insurance plans or finding out if you're eligible for a Special Enrollment Period? Call our free HelpLine at 1-800-965-7476.

Have Questions? We Can Help!



**Consumers for
Affordable
Health Care**



Call our free HelpLine 1-800-965-7476