Free help from local experts

- **Understand your health insurance options & eligibility**
- **Apply for or enroll in MaineCare or Marketplace insurance**
- **Get help appealing a denied insurance claim**
- **Find programs to help with the cost of services & prescriptions**

Call Our HelpLine
1-800-965-7476

Email Us
helpline@mainecahc.org

Find Us Online
- mainecahc.org
- MECAHC
- @mainecahc
- mecahc

Learn your health coverage options

📞 **1-800-965-7476**

Consumers for Affordable Health Care
Maine's Health Insurance Consumer Assistance Program

Support in every part of Maine

You deserve to get the help you need no matter where in Maine you live! Our materials, services, HelpLine, and online resources are all free.

Maine families work hard. Getting health coverage information & support should be **easy.**

Services, resources & materials

- Phone, email & in-person support
- Presentations & materials
- Training & education for professionals
- Helpful links & information

Helping all Mainers since 1988

Consumers for Affordable Health Care (CAHC) is a Maine-based, nonprofit organization helping all Maine people get quality and affordable health care. CAHC is not a government office or an insurance company.

Call our HelpLine: 1-800-965-7476
Visit our website: mainecahc.org