

Summer Edition 2026 Consumer Newsletter



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

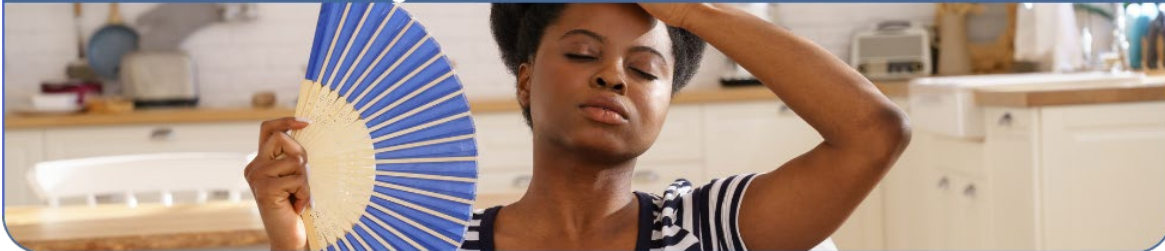
It's Summer in Maine, the season of balancing the challenges of humidity and bugs with the joys of outdoor fun with friends and family. We know you have lots of summer plans to keep you busy, so we have combined our July and August newsletters into one convenient edition. Grab a cold drink and enjoy!

National Immunization Month



Each August, National Immunization Awareness Month highlights the importance of vaccination for people of all ages. Vaccines help people avoid dangerous diseases. Learn more by visiting Maine CDC's [Get Vaccinated page](#). Essential immunizations are covered for people with MaineCare and Marketplace insurance plans. Mainers should ask their doctor which vaccines are recommended for their family, and when to get them.

Stay Cool in a Heat Wave



Climate change has made heat waves a seasonal reality in Maine. Mainers who aren't used to dealing with high temperatures could be at risk of heat-related illness. The [Maine CDC](#) shared some tips for staying cool without air conditioning. Here are some of their suggestions.

Use an electric fan to circulate air - but remember they may not be effective when temperatures exceed 100.

- Drink cool water even when you don't feel thirsty. Staying hydrated is key!
- Fill a spray bottle with cool water, keep it in the fridge, and mist your skin (not your clothes).
- Soak your feet in cool water, take a cool bath or shower, or go for a swim.
- Make an ice towel for your neck or chest by wrapping crushed ice (or ice packs) in a towel. Don't put ice on your bare skin.

If you're not already, follow your local community center on social media. Many will open [cooling centers](#) to help people stay safe during the heat wave. They may offer water or access to air conditioning in an indoor space.

Protect Your Health Data from Scams



If it feels like you've received more strange texts and emails lately, you're not alone. From fake "appointment reminders" to fake health insurance alerts, scams and online fraud have become common. Thankfully, there are many ways to stay informed and avoid becoming a scam victim.

When it comes to keeping yourself and your loved ones safe from online fraud, it helps to stay informed. Tech help provider [Give IT Get IT](#) has pulled together a list of useful free tools in [one place](#), organized by category so you can find exactly what you need.

Tick Season Safety Tips



Maine's summers have gotten longer and wetter, creating the perfect conditions for a longer tick season! Deer ticks carry diseases like Lyme disease and Powassan virus along with [others](#), making tick bites a real risk for Mainers who spend time outside. Here are a few tips to avoid tick bites this summer:

Check your clothing and gear for ticks.

- Check pets for ticks. Pets can bring ticks into the home.
- Shower within 2 hours of coming indoors.
- Use a mirror to check your body. Ticks can be as small as a poppy seed.

Learn more about tick prevention, including repellent options [here](#).

Consumer Stories | Cumberland County



We always value the reviews and thank you notes we get from Mainers we help. One of our favorite types of feedback comes from consumers who return to us because we have helped them before and they trust us to do so again. This month's consumer story comes from a Cumberland County resident in her 90's who we have helped over the years with challenges getting coverage for services she needed. She said we are *"always prompt, knowledgeable, and caring."* This feedback makes us smile, because it's exactly what we strive for!

If we have helped you before, don't hesitate to call back when you need our help again! Have a story or review? Share it [here](#).

Need Health Insurance?



You may be eligible for a [Special Enrollment Period \(SEP\)](#). Special Enrollment Periods are for people whose life event allows them to enroll in Marketplace coverage at [CoverME.gov](#). Things like losing certain job-based coverage, getting married, or changes in income may make you eligible to enroll in coverage outside the typical open enrollment period. Visit [CoverME.gov](#) for a full list of life changes that may qualify you for a Special Enrollment Period. If you already have a Special Enrollment Period or are in the process of getting one, shopping for plans with an expert can save you time, money, and lots of stress! Call our free HelpLine at 1-800-965-7476 to see if you may qualify for a SEP or set up a time to shop for a plan with one of our local experts.

A promotional banner for MaineCare. The background is a blurred image of a hospital room with patients in beds. Overlaid on the image is a white speech bubble with the text "Apply for MaineCare anytime!". Below this is a blue circular button with a white arrow pointing to it and the text "APPLY NOW". To the right is a laptop displaying the MaineCare logo and the website "www.MyMaineConnection.gov". At the bottom, a white bar contains the text "Call 1-800-965-7476 for questions about eligibility or help applying" followed by the website "www.MyMaineConnection.gov".

Apply for MaineCare anytime!

APPLY NOW

Call 1-800-965-7476 for questions about eligibility or help applying www.MyMaineConnection.gov

Health Coverage Term of the Month

ENROLLMENT ASSISTER

A Maine Enrollment Assister (or MEA) is someone who has trained and been certified by Maine's Office of the Health Insurance Marketplace to help consumers find and enroll in a plan. Enrollment Assistors can also help people understand their eligibility for Marketplace subsidies (help paying monthly premiums), and complete and submit an application. When you call our free HelpLine, you will speak to one of our Maine Enrollment Assistors, including the newest addition to our team, Jennifer. Learn more about her [here](#).

Health Care for Maine

HC4ME

9th Annual Conference

Charting the path
to resilience

Register Now 



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](#).