



## Unlocking Wellness: Navigating Your Health with T-SHIP

### **What is Tribally-Sponsored Health Insurance?**

Tribes and Tribal health organizations pay for health insurance for Alaska Native and American Indian people who qualify. The Tribally-Sponsored Health Insurance Program (T-SHIP) offers Tribally-Sponsored Health Insurance in Alaska.

### **Will Tribally-Sponsored Health Insurance cost anything?**

No. T-SHIP pays the monthly insurance premium cost. Alaska Native and American Indian people also do not have to pay any co-payments or deductibles when you are seen or referred by Tribal health facilities.

### **Why should I have Tribally-Sponsored Health Insurance?**

Health insurance can help make more services available for you and all Alaska Native and American Indian people. Health insurance can also help you receive medical care when you are traveling or away from Tribal health facilities.

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## How do I qualify?

You and your family can get Tribally-Sponsored Health Insurance if you:

- Are a resident of the state of Alaska
- Are eligible for services at a Tribal health clinic/facility
- Are not:
  - ◊ covered by or eligible for Medicaid (Denali Care), Denali KidCare, TRICARE, CHAMPVA, or affordable health insurance through an employer
  - ◊ eligible for premium-free Medicare Part A or enrolled in Medicare Part A or Part B
- Meet other criteria

## Does this affect my current Alaska Native Health benefits?

No. You will always first and foremost be a beneficiary of Indian Health Service, Tribal hospitals and health clinics throughout Alaska and the United States. Tribally-sponsored health insurance is an added health care benefit. You should use the Tribal Health System to ensure that your health care needs are being met and that you are as healthy as possible.

***“T-SHIP allows me to live a healthier and more fulfilling life.”***

T-SHIP program participant

## How can I get more information and sign up?

Contact a United Way Healthcare Navigator  
at 211 or 800-478-2221.

You may visit [anthc.org/tship](http://anthc.org/tship) for more information.

