**NY State of Health Marketplace Reopening**

NY State of Health, the official health plan marketplace of New York State, has reopened amid the COVID-19 public health pandemic so that individuals and families can purchase health insurance. It is scheduled to close again *May 15th* but keep checking back with the website to see if that is extended.

Enrollment in the Essential Plan, Medicaid and Child Health Plus is open all year.

**NY State of Health Insurance Options for 2020**
To find which plans are offered in your area, click on this map.  [http://info.nystateofhealth.ny.gov/PlansMap](http://info.nystateofhealth.ny.gov/PlansMap)

**For more information about NY State of Health,**
Visit: [https://nystateofhealth.ny.gov/](https://nystateofhealth.ny.gov/) (website is available in English or Spanish) or call Customer Service at **1-855-355-5777**, TTY: **1-800-662-1220** to find an enrollment specialist. Customer Service information in languages other than English can be found at [https://nystateofhealth.ny.gov/language_support.html](https://nystateofhealth.ny.gov/language_support.html).

**Guidance on Telehealth**

Telehealth has been an emerging area of healthcare delivery in recent years because it requires little to no travel for the patient and can be easier and more cost effective for families. During
the COVID-19 coronavirus pandemic, telehealth has become an even more important delivery method due to social distancing. Here are some links to help families understand telehealth.

**About Telehealth**
The Center for Connected Health Policy provides families with explanations for telehealth and telemedicine. They also include videos that can help families prepare for telehealth appointments.
https://www.cchpca.org/about/about-telehealth

**Telehealth Services for Children**
Information from the American Academy of Pediatrics about telehealth, including frequently asked questions and how to make the most of your appointment time when your child has a telehealth appointment.
https://www.healthychildren.org/English/family-life/health-management/Pages/Telehealth-Services-for-Children.aspx

**Telemedicine Resources**
This video series provides great visual descriptions for families. They were developed specifically for patients and their families to increase their awareness of the benefits of seeing a health care provider using telemedicine. These videos will introduce you to telemedicine, describe what to expect, and help you get the most out of your telemedicine appointment.
https://midwestgenetics.org/resources/telemedicine-resources/

10 Springtime Activities for Children with Special Needs
https://www.friendshipcircle.org/blog/2014/05/19/10-spring-activities-for-children-with-special-needs/

10 Spring Activities to do with Kids with Developmental Disabilities

- Visit our website at www.ptopnys.org
- www.facebook.com/ParenttoParentNYS
- @PtopofNYS