

Free or Low-Cost Medical Coverage



If your family's monthly income is at or below the following standards, your children may qualify for free or low-cost medical coverage through DSHS. Even if you have been denied before, your children may qualify now.

Total Number in Family (Including yourself)	Monthly Income limit for Free coverage	Monthly Income limit for Low-cost coverage*
1	\$1,734	\$2,167
2	\$2,334	\$2,917
3	\$2,934	\$3,667
4	\$3,534	\$4,417
5	\$4,134	\$5,167
6	\$4,734	\$5,917
7	\$5,334	\$6,667
8	\$5,934	\$7,417
9	\$6,534	\$8,167
10	\$7,134	\$8,917

*Low-cost coverage is \$15 per month, per child; up to a maximum of \$45 per month, per family.

How can I apply?

You can get an application and help with your application at Public Health Centers. Or you can call,

Seattle Team

South King County Team

Brett Downey (Spanish)	(206) 263-8373	Carmen Olvera (Spanish)	(206) 296-3948
Jennell Hicks	(206) 263-8371	Carolina Marx (Spanish)	(206) 296-3943
Penny Lara (Spanish)	(206) 263-8372	Cindy Mai (Vietnamese)	(206) 296-3949
Daphne Pie (Program Coordinator)	(206) 263-8369	Miguel Urquiza (Latino Outreach Program Coordinator)	(206) 296-9785
		Cathy Aby (Program Coordinator)	(253) 874-7642
Seattle & King County Team			
Inga Furlong (Russian)		Center For MultiCultural Health	(206) 461-6910 Ext 212
Kadra Sheikh (Somali)		Center For MultiCultural Health	(206) 461-4890 Ext 204
Aynalem Asfaw (Amharic & Tigrina)		Center For MultiCultural Health	(206) 461-6910 Ext 230
Carol A. Allen		Community Health Educator – Public Health Seattle & King County	(206) 263-8750
Anel Mercado (Spanish)		Community Health Educator – Public Health Seattle & King County	(206) 263-8755
Cam Do Wong (Chinese/ Vietnamese)		Community Health Educator – Public Health Seattle & King County	(206) 263-8748
	www.metrokc.gov/health/insurance		www.metrokc.gov/health/espanol

Or contact CHAP (Community Access Program) 1-800-756-5437