Staying on their PARENT’S PLAN until age 26

Children up to age 26 can stay on their parent’s employer health plan even if they have another offer of coverage through an employer or their college. Students can join or stay on their parent’s employer insurance until age 26 whether they are married, not living in the same state, and/or not financially dependent on their parents. Whether or not the parents claim the adult child as a dependent has no bearing on the ability to join their employer health plan.

PURCHASE A PRIVATE PLAN

Students can purchase an individual health plan either through their state Exchange or traditional Individual market— in the open enrollment period each fall. Catastrophic plans (which feature low premiums and cover only serious illnesses or accidents) are also available and meet the individual mandate of the ACA, but may not qualify as insurance under the college’s coverage. Only Exchange health plans may qualify for discounts based on income levels. However, if an adult child is offered dependent coverage through their parent’s employer-based insurance, they cannot receive Exchange subsidies.

STUDENT HEALTH INSURANCE

Most colleges require that students have health coverage. More than half of colleges offer a Student Health Insurance Plan (SHIP), with four-year schools more likely to offer SHIPs than two-year schools. Most schools enroll students into their SHIP automatically and require that they opt-out in order to get coverage elsewhere (with proof of coverage).

EMPLOYMENT-BASED INSURANCE COVERAGE

If a student has a job that offers affordable health insurance for their income level, they may obtain coverage under that plan. Keep in mind that being offered employer-based health coverage precludes a student from purchasing an Exchange health plan.

MEDICAID COVERAGE, based on INCOME LEVEL and STATE

Many states extended Medicaid coverage to independent (non-dependent) individuals making less than between $11,880 and $16,242 per year per person including childless adults. (Students in non-expansion states will often not qualify because they are not eligible as non-disabled adults.) There is no open enrollment period for Medicaid, which means that you can enroll at any time throughout the year.