Understanding Health Insurance is a practical curriculum that builds awareness, knowledge and skills to help young people aged 16+ have access to health care as they transition to independence.

If you are a teacher or youth worker interested in trying our Understanding Health Insurance lessons in your classroom or program, here are some things you should know:

- Curriculum includes four (4) self-contained, full lesson plans suitable for youth ages 16, 17, 18 and 19, as well as quizzes and homework questions for each lesson.

- The lessons include several topics found in national and New York State education standards for health education, personal financial literacy and economics.

Topics covered include:
  1) Why young adults need health care and health insurance;
  2) Different ways to obtain health care coverage, including public and private options;
  3) Getting the most out of your health insurance coverage.

If you use UHI, please drop us a note by contacting Margaret Johnson maj35@cornell.edu.