



Health Care Must Haves

1. Coverage must be universal, affordable, and include all essential health benefits guaranteed by the Affordable Care Act (listed below)
2. No one can be denied coverage due to pre-existing conditions
3. No lifetime bans on coverage
4. Coverage must include all reproductive care, including but not limited to contraception, pre and post natal care, and abortion care
5. No one can be charged more based solely on sex, age, race, religion, sexual orientation or gender expression
6. Education component that includes wellness and prevention training

Essential Health Benefits

- Ambulatory patient services (outpatient care you get without being admitted to a hospital)
- Emergency services
- Hospitalization (like surgery and overnight stays)
- Pregnancy, maternity, and newborn care (both before and after birth)
- Mental health and substance use disorder services, including behavioral health treatment (this includes counseling and psychotherapy)
- Prescription drugs
- Rehabilitative and habilitative services and devices (services and devices to help people with injuries, disabilities, or chronic conditions gain or recover mental and physical skills)
- Laboratory services
- Preventive and wellness services and chronic disease management
- Pediatric services, including oral and vision care (but adult dental and vision coverage aren't essential health benefits)