

5.7 Paying for Health Care

Large Medical Bills/Medical Debt

The following sites offer advice on **how to handle large medical bills**.

- [Foundation for Health Coverage Education: Coverage for All](#)
- [LIVESTRONG Foundation: What Happens When You Can't Pay Your Medical Bills?](#)
This 2010 article was written by Ciele Edwards.
- [Patient Advocate Foundation \(PAF\)](#)
- [Patience Advocate Foundation: Assistance for the Underinsured Webinar](#)
- [Virginia Legal Aid Society: Medical Debt](#)
- [Virginia Navigator: A Virginia Consumer Resource for Navigating Health Care Prices & Bills](#)

Health Insurance Information

General Information on Insurance in Virginia

The [Health Insurance](#) page of the [Virginia Health Information](#) website provides general information about health insurance options in Virginia.

Finding Insurance

The mission of the [Foundation for Health Coverage Education](#) is "to simplify public and private health insurance eligibility information in order to help more people to access coverage." Their Coverage for All website is visually simple and user-friendly. It has a simple tool to help identify one's coverage options under the Affordable Care Act.



Insurance Glossaries

- [Foundation for Health Coverage Education: *FHCE's Glossary of Key Health and Insurance Terms*](#)
- [Healthcare.gov: Glossary](#)
- [U.S. Department of Health and Human Services: *Glossary of Health Coverage and Medical Terms*](#)
- [Virginia Health Information: Health Insurance Terms](#)

Handling Insurance Problems

- [About.com Health Insurance Guide: Fighting a Health Insurance Claim Denial](#)
This 2010 article by Michael Bihari, MD, is subtitled "sometimes you win, and your health plan has to pay all or part of your claim."
- [Connecticut Office of the Healthcare Advocate](#)
- [U.S. Centers for Medicare & Medicaid Services: HealthCare.gov](#)
- [Kaiser Family Foundation: A Consumer Guide to Handling Disputes with Your Employer or Private Health Plan \(updated 2005\)](#)
- [The New York Times: 7 Steps in Appealing a Health Insurance Denial](#)
This 2011 article by Ann Carrns appeared on the Bucks: Making the Most of Your Money blog.
- [Virginia Health Information: Health Insurance Options Guide: What to Do If You Have a Problem](#)
- [Virginia State Corporation Commission: Bureau of Insurance: Office of the Managed Care Ombudsman](#)
- [The Wall Street Journal: How-To Guide: How to Appeal a Health Insurance Denial](#)
- [WebMD: Health Care Reform and Settling Grievances: FAQ \(updated February 27, 2011\)](#)

