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High blood sugar is linked to the development of diabetes, obesity, heart disease, and even dementia.The Mediterranean diet meets all of the criteria for good health, and there is convincing evidence that it is effective at warding off heart attack, stroke, and premature death. The diet is rich in olive oil, fruits, vegetables, nuts and fish; low in red meats or processed meats; and includes a moderate amount of cheese and wine.Physical activity is also necessary for good health. It can greatly reduce your risk of heart disease, stroke, type 2 diabetes, breast and colon cancer, depression, and falls. Physical activity improves sleep, endurance, and even sex. Aim for 150 minutes of moderate-intensity exercise every week, such as brisk walking. Strength training, important for balance, bone health, controlling blood sugar, and mobility, is recommended 2-3 times per week.Finding ways to reduce stress is another strategy that can help you stay healthy, given the connection between stress and a variety of disorders. There are many ways to bust stress. Try, meditation, mindfulness, yoga, playing on weekends, and taking vacations.Finally, establish a good relationship with a primary care physician. If something happens to your health, a physician you know—and who knows you—is in the best position to help. He or she will also recommend tests to check for hidden cancer or other conditions. Public Health Solutions has stepped up our services to meet the growing health needs of vulnerable families in New York City virtually, as a result of the COVID-19 pandemic. View All Blog Posts 16 High-Fiber Breakfasts to Prep the Night Before We care about what we eat. We know you do too. Through flavor-packed recipes and science-backed journalism, we inform, empower and inspire readers to live their best lives. This Cucumber-Hummus Wrap Is a Quick Lunch for Busy Days Smashed Cucumber & Tomato Salad Is the Mashup You Didn't Know You Needed Some lifestyle choices can make a big difference when it comes to your mental and physical well-being and the quality of your life. Here are the top 10 tips for good health and longevity.Share on PinterestSize Lung Ng/EyeEm/Getty ImagesStaying healthy involves making certain choices. And many of those choices are in your hands. Of course, your age, family history, and genetic makeup can influence your health and make you more prone to certain conditions. There are also many factors that you can control—many of which play a key role in keeping you healthy and helping you live a long, productive life.Let's look at 10 science-backed healthy choices you can make to help you thrive throughout your life.If you want to feel healthier, more energized, or in a better mood, get moving. Regular exercise can benefit both your physical and mental health in a multitude of ways. And, you don't need to run a half-marathon or sweat it out at the gym for hours every day to reap the rewards.According to the U.S. Department of Health and Human Services, if you're an adult, just 150 minutes of moderate-intensity aerobic activity a week, or 75 minutes of vigorous aerobic activity a week, can positively impact your health.That breaks down to around 22 minutes a day of moderate-intensity exercise, like brisk walking, dancing, cycling, or even doing yard work or household chores. As long as you're moving and not sitting still, it counts.Improve your heart health: Exercise benefits your heart health, and having a stronger heart can help lower your risk of cardiovascular disease.Boost your brain health: Regular exercise may help improve your cognition and reduce the risk of dementia.Improve your mood: Physical activity has also been shown to reduce the risk of depression and anxiety.Help with weight management: When you move your body, you burn more calories than you would if you were inactive. Burning more calories each day can make it easier to lose weight and keep weight off.Strengthen your bones and muscles: Being physically active can keep your bones and muscles strong and make it easier to move around easily, even as you age.Reduce the risk of chronic diseases: Staying active may help lower your risk of developing type 2 diabetes and several types of cancer.Whole foods are foods that haven't been heavily processed or altered. They don't contain a lot of added chemicals or artificial ingredients to help them taste good or give them a long shelf-life. In general, whole foods are healthier for you and provide your body with more vitamins, minerals, and essential nutrients than processed foods. Because they are more nutritious, whole foods give you more energy and possibly lower the risk of many types of health issues.Processed foods are often unhealthy than whole foods because they tend to be higher in certain ingredients such as:Eating too much processed food and not enough whole foods can be harmful to your health. That's because you won't be getting enough of the nutrients your body needs. Instead, you'll be eating higher amounts of sugar, salt, unhealthy fats, or other ingredients that don't provide much nutritional value.According to scientific research, poor nutrition can increase your risk of.Smoking is the leading cause of preventable death in the United States. According to the CDC, tobacco use accounts for nearly 1 in 5 deaths in the U.S. each year. In fact, it's estimated that smokers, on average, die about 10 years earlier than nonsmokers. Smoking can damage nearly every organ in your body and significantly increases your risk of.Heart disease: According to scientific evidence, tobacco is the leading cause of premature death from cardiovascular disease. Stroke: Smoking damages your blood vessels, making them stiffer and narrower. This not only increases your risk of a heart attack but can put you at a higher risk of a stroke, too. Respiratory diseases: The damage caused by smoking to the airways and air sacs in your lungs greatly increases your risk of chronic obstructive pulmonary disease (COPD).Lung cancer and other cancers: Approximately 80% of lung cancers can be attributed to tobacco use. According to the American Cancer Society, smoking can also increase your risk of many other types of cancer, including cancer of the bladder, mouth, stomach, pancreas, and colon, among others.If you smoke, quitting is the most important step you can take to improve your health, no matter your age or how long you've smoked. Quitting smoking can add years to your life, and the positive effects of quitting will continue to increase the longer you remain a nonsmoker.Talk with your doctor about quitting. They can help set you up for success, and prescribe smoking cessation medications, if necessary, to help you quit nicotine for good.Sleep is vital for every process in your body. Sleep is a time for your body to repair cells and restore energy. Your brain also performs many essential functions while you're sleeping, like storing information, removing waste, and strengthening nerve cell connections.How much sleep you need depends on your age, but for most adults, the CDC recommends at least 7 or more hours of sleep each night. Children and older adults typically need more sleep.If you don't get enough sleep, your body will have a harder time working properly. Sleep deprivation can increase your risk of:So, how can you ensure you get enough sleep? Some things that may help include the following:Create a quiet, dark, comfortable sleep environment: Use an eye mask or black-out curtains to block light, turn down the thermostat—a temperature between 60°F to 67°F (15.6°C to 9.4°C)—is best for sleeping, and make sure your mattress and pillows are comfortable. Use earplugs if you need to block out noise. Avoid screen time before bed: Many electronic devices emit blue light that can keep your brain alert, making it harder to fall asleep. Turn off these devices at least an hour before you go to bed. Create a relaxing bedtime routine: Instead of watching TV or working on a computer, do something to help you relax. Take a warm bath or shower, try gentle stretches, read a book (not an e-reader), or try meditation or breathing techniques.Limit your caffeine, alcohol, and nicotine intake: Avoid drinking alcohol or smoking within 4 hours of going to bed as both substances can negatively impact your sleep. Limit your caffeine intake to the morning hours. Try a natural sleep aid: If you find it difficult to switch your mind off at night, try a natural sleep aid like melatonin, valerian root, or glycine. Drinking enough water each day is key to good health. Your body needs water for many important functions, like maintaining your body temperature, aiding digestion, keeping your organs working properly, and delivering nutrients to all your cells.Staying hydrated also keeps your brain working well. When you don't take in enough fluid, you may feel tired, have trouble concentrating or focusing, and experience headaches and mood changes.You'll typically need to increase your water intake if you: exercise or exert yourself in a hot, dry climatespend time outdoors in the sun, especially in warmer weatherhave a fever or lose fluids through vomiting or diarrheaare pregnant, breastfeeding, or chestfeedingMake water your go-to beverage. Avoid sodas and energy drinks which typically contain a lot of added sugars and extra calories. To add some flavor to your water, try squeezing a lemon, lime, or orange and adding the juice to your water. You can also add a few cucumber slices, or try adding mint or basil leaves. While an occasional alcoholic drink likely won't affect your health, drinking too much alcohol can take a heavy toll on many of your organs.Overconsumption of alcohol can damage your liver, brain, and heart, and also increase the risk of several types of cancer, including breast, colorectal, and liver cancer. Heavy drinking can also negatively impact your mental health. So, at what point does drinking become harmful to your health? According to the U.S. Department of Health and Human Services, moderate drinking is classified as: up to 1 standard drink per day for womenup to 2 standard drinks per day for menPreventive care is the care you get from your doctor to stay healthy. While you may typically think of your doctor as the person you see when you're ill, your doctor also plays a key role in keeping you healthy and preventing you from getting sick or developing a chronic disease in the first place.By being proactive and focusing on preventive care, you and your doctor are more likely to catch early warning signs of certain diseases before they become more serious. You can then take steps to address these issues when they're easier to treat and the outcomes are more likely to be positive.When you make an appointment to visit your doctor for an annual checkup, it may include: Depending on your age, family history, and other factors, your doctor may also order specific screenings, such as: One of the advantages of preventive care is that your doctor will screen you for several key measurements, including your: If any of these numbers are outside the recommended range, you and your doctor can discuss what needs to be done to address this issue. Your doctor can put together a treatment plan that's right for you and will monitor you to ensure your numbers are moving in the right direction.Being aware of issues related to these key metrics early on, before they cause other problems, can help you make the right lifestyle changes to improve important aspects of your health. In many cases, health conditions like hypertension or high cholesterol may not cause any symptoms until later on, when more serious—possibly life-threatening issues—start to arise. If lifestyle changes don't help enough, your doctor may decide to prescribe medications to help reduce the risk of potential complications.Stress is a normal part of everyday life and, when it's short-lived, it can be useful. But, chronic stress can affect you mentally, physically, and emotionally. Research has shown that high levels of ongoing stress have been associated with an increased risk of:high blood pressureheart disease and strokedepressiona weakened immune systemAlthough stress is often unavoidable, you do have a choice in how you handle it. Just as your body has a stress response, it also has a relaxation response, which is characterized by lower blood pressure, slower breathing, and a reduced heart rate.Some types of activities that may help bring about a relaxation response involve:Breathing exercises: A technique called diaphragmatic breathing has been shown to help lower stress hormones, reduce blood pressure, and regulate other bodily processes. Progressive muscle relaxation: Progressive muscle relaxation is a technique where you tighten and then relax each muscle group in your body, one at a time, in a specific pattern.Exercising: Physical activity releases endorphins in your brain, one of the feel-good hormones. These chemicals can help relieve pain and also reduce stress and boost your mood.Being creative: According to research, creative arts like drawing, painting, coloring, writing, dancing, and listening to or playing music have the ability to boost your mood and ease stress and anxiety. Yoga or tai chi: The slow, mindful movements and stretches that are part of yoga and tai chi help relieve muscle tension while encouraging mental and physical relaxation.Meditation: Mindfulness meditation may help reduce the inflammatory response caused by the stress hormone, cortisol.Some sexually transmitted diseases don't cause noticeable symptoms until weeks, months, or possibly even years later. By then, you may have passed it on to someone else. And, it may also be harder to treat the disease when it's not caught early. That's why it's important to get tested often.Communication is key when it comes to safe sex. Talk openly with your partner about your sexual past and any STI diagnosis you've had. Before having sex with a new partner, consider getting tested for STIs, along with your partner, and discuss your barrier method preferences.To reduce the risk of contracting HIV, you may want to consider:pre-exposure prophylaxis (PrEP), available as the brand name pills Truvada and Descovy, this antiretroviral medication is taken before possible HIV exposurepost-exposure prophylaxis (PEP) is a medication that can be taken after possible HIV exposureYou can also reduce your risk of some other STIs by getting vaccinated against:human papillomavirus (HPV)hepatitis Ahepatitis B (HBV)Your health plays a crucial role in how you feel and live each day. If you're stressed, tired, or not feeling well, it's not easy to be the best version of yourself and to give those around you the time and attention they need. In order to thrive and lower your risk of chronic disease and illness, there are many choices you can make today and every day to give yourself the best shot at living a long, active, and healthful life.Healthline has strict sourcing guidelines and relies on peer-reviewed studies, academic research institutions, and medical journals and associations. We only use quality, credible sources to ensure content accuracy and integrity. You can learn more about how we ensure our content is accurate and current by reading our editorial policy.Alcohol and cancer risk. (2021). S, et al. (2020). Exercise and type 2 diabetes. L, et al. (2011). Mild dehydration affects mood in healthy young women. of physical activity (2022). FM, et al. (2022). Ultra-processed food and risk of type 2 diabetes: a systematic review and meta-analysis of longitudinal studies. guidelines for Americans: 2015 - 2020. Eighth edition. (2019). L, et al. (2020). Ultra-processed foods and health outcomes: A narrative review. 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(2013). A comparison of mindfulness-based stress reduction and an active control in modulation of neurogenic inflammation. A, et al. (2017). Tobacco and cardiovascular disease: A summary of evidence. C, et al. (2019). Evening intake of alcohol, caffeine, and nicotine: night-to-night associations with sleep duration and continuity among African Americans in the Jackson Heart Sleep Study. B, et al. (2019). Ultra-processed food intake and risk of cardiovascular disease: prospective cohort study. V, et al. (2021). Association of mental stress-induced myocardial ischemia with cardiovascular events in patients with coronary heart disease. is a standard drink? (n.d.). The Health Care Reform Act of 2000 introduced the Healthy NY program to provide more affordable health insurance to New Yorkers who need it most. Healthy NY, in partnership with HMOs and other insurance companies in New York State, offers comprehensive health insurance to small businesses. DFS oversees the program. Small Business Owners Healthy NY includes comprehensive coverage for essential health benefits including inpatient and outpatient hospital services, physician services, maternity care, preventive health services, diagnostic services, mental health services, chiropractic care, prescription drugs, ambulance and emergency services. As of January 1, 2014, Healthy NY no longer provides coverage for individuals or sole proprietors. Instead, the New York State of Health Marketplace can help individuals and sole proprietors shop for and enroll in health insurance. You may qualify to receive assistance to help pay for insurance offered through the Marketplace. Find more Small Business Resources. The DFS issues guidance to insurance companies participating in Healthy NY to assist in program implementation. Below are a selection of Healthy NY guidance memoranda. This is not an exhaustive list of all guidance memos.DateGuidance SubjectOctober, 2024Updated Small Employer Wage LevelOctober, 2023Updated Small Employer Wage LevelSeptember 2021Updated Small Employer Wage LevelOctober 29, 2019Guidance for Insurers Participating in Healthy NYOctober 12, 2017Guidance for Insurers Participating in Healthy NY sectionJuly 28, 2015Employer Eligibility for Healthy NY coverage issued or renewed on or after January 1, 2016. New Healthy NY Recertification Form, Loss of Eligibility for Healthy NY CoverageJune 20, 2013Small Employer GroupsFebruary 7, 2013Federal Health Care Reform Benefit and Annual Limit Updates, Spouse as Primary Policyholder, High Deductible Health Plan (HDHP) Deductible Amounts, Current Wage Level for Small Employers, 2013 Individual Income Eligibility Levels To participate in Healthy NY, a small business must meet all of the following criteria:The business must be located within New York State.The business must have had 1-50 Full-Time Equivalent (FTE) employees over the previous calendar year.At least 30% of the employees must earn \$53,650 or less in annual wages. The wage level is adjusted annually for inflation.The business must not have provided group health insurance coverage to its employees within the last 12 months.A business is considered to have provided health insurance if the business has arranged for comprehensive coverage that includes both hospital and medical coverage and contributed at least \$50 per employee per month towards health insurance (\$75 if the business is located in the Bronx, Kings, Nassau, New York, Orange, Putnam, Queens, Richmond, Rockland, Suffolk or Westchester counties).The business may still be eligible for Healthy NY if:The business arranged for health insurance coverage for employees but did not contribute more than the previously noted amounts.The business arranged for health insurance coverage for employees but it was not comprehensive (i.e., only medical benefits or only hospital benefits but not both).Individual employees had insurance coverage through other sources, such as individually-purchased coverage, a public program, COBRA from prior employment or a spouse's job.The business owner has coverage for himself or herself but did not provide the coverage to employees.The business provided insurance coverage to one or more classes of employees and now wants to provide coverage to additional classes of employees. Classes of employees may be based on wages, method of payment (e.g., hourly vs. salaried) or job duties or job location.If the business meets the four criteria above and opts to enroll the business in Healthy NY, the employer must assure that:50% of the eligible employees will participate in the program and at least one participant earns annual wages of \$53,650 (adjusted annually) or less. A small employer may count employees who have health insurance coverage through another source, such as a spouse or other government program, towards the 50% participation requirement.The employer will contribute at least 50% of the premium.At least one eligible employee earning \$53,650 or less enrolls.The employer will offer Healthy NY to all employees who are working 20 or more hours per week and earning \$53,650 (adjusted annually) or less. If the business meets the four criteria above.Tax Advantages and Benefits of Providing Health InsuranceSignificant tax advantages may be available to your business by offering health insurance coverage. Health insurance premiums that businesses pay on their employees' behalf are generally 100% tax deductible. Providing health insurance coverage may also result in reduced payroll taxes. Additionally, if a business establishes a Section 125 plan, employees' share of the premiums can be paid with pre-tax dollars, resulting in tax savings for both employees and the business. The health plans that offer Healthy NY coverage have their own medical provider networks. This means that benefits are provided a network of medical providers. You must use the doctors and health care providers who participate in your insurance company's network, except in an emergency. Contact your health plan directly to confirm whether your health care providers are in their network.Covered BenefitsThis is not intended to be a complete list of covered benefits. Please refer to your health plan coverage documents for a full description of covered benefits.Office Visits: Primary Care and SpecialistPreventive Care: Well-Child Care, Adult Annual Physical Examinations, Adult Immunizations, Well-Woman Examinations, Mammograms, Family Planning & Reproductive Health Services, Bone Mineral Density Testing, and Screening for Prostate CancerEmergency and Urgent CareAmbulance Services, Emergency Department and Urgent Care CenterProfessional Services and Outpatient Care: Advanced Imaging Services, Allergy Testing and Treatment, Ambulatory Surgery Center, Anesthesia Services, Cardiac & Pulmonary Rehabilitation, Chemotherapy, Chiropractic Services, Diagnostic Testing, Dialysis, Habilitation Services, Home Health Care, Infertility Treatment, Infusion Therapy, Inpatient Medical Visits, Laboratory Procedures, Maternity & Newborn Care, Preadmission Testing, Diagnostic and Therapeutic Radiology Services, Rehabilitation Services, Second Opinions, Surgical ServicesAdditional Services, Equipment & Devices: Autism Spectrum Disorder Diagnosis and Treatment, Hospice, Diabetic Equipment and Supplies, Durable Medical Equipment and Braces, Hearing Aids, Cochlear Implants, Medical Supplies and ProstheticsInpatient Services & Facilities: Hospital Services (including Inpatient Stay for Mastectomy Care, Cardiac & Pulmonary Rehabilitation, and End of Life Care), Skilled Nursing Facility, and Rehabilitation ServicesMental Health and Substance Use Services: Inpatient and OutpatientPrescription DrugsWellnessPediatric Dental & Vision Please consult your health plan coverage documents for a more extensive description of your cost sharing responsibility. Some examples of copayments and coinsurance are included below.Deductible\$600 individual / \$1,200 familyMaximum out of pocket costs\$7,900 individual / \$15,800 familyPrimary Care Physician (PCP) visit\$25Specialist visit\$40Preventive CareNo cost sharingAmbulance\$150Emergency Room visits\$150 (waived if admitted)Urgent Care\$60Chemotherapy, radiation therapy\$25 per visitChiropractic care\$40Physical therapy, occupational therapy, speech therapy\$30Diagnostic and routine laboratory and pathology\$40Diagnostic and routine imaging\$40Surgical Services - inpatient, outpatient, andambulatory surgical centers\$100DME / Medical supplies20% coinsuranceHearing aids20% coinsuranceInpatient Facility / Skilled Nursing / Hospices\$1,000 per admissionMental Health & Substance Use Disorder Services\$1,000 per admission (inpatient)\$25 (outpatient)Prescription drugsAsk your health plan about mail order.\$10 Tier 1 (generally email [email protected]) to request an application by mail. Once a year, you must recertify that the business continues to meet the eligibility requirements of the Healthy NY program. The recertification date is on your policy's annual renewal date. Your insurance company will provide you with the recertification form at least 90 days before your annual renewal date.At recertification, you must confirm that:The business must have had 50 or fewer full-time equivalent employees in the prior calendar year.The business will continue to contribute at least 50% of the cost of premiums for full-time, non-seasonal employees, andAt least 30% of employees earn \$53,650 or less in annual wages (wage levels are adjusted annually).If you do not complete and return the recertification form by the due date, then your business' coverage will terminate. If the business does not continue to meet the eligibility requirements of the program at recertification, then it will not be able to continue in the program. Your insurance company must provide you with at least 45 days written notice that coverage will end due to not meeting the eligibility requirements.Mid-Year ChangesMid-year changes in group size, wage levels and employee participation will not result in immediate termination of Healthy NY coverage. If the business does not meet the eligibility requirements at the time of recertification, it will be unable to continue in the program. You may change insurance companies at any time.To do so, you must reapply to the Healthy NY program and send your completed application and premium check to the insurance company with which you want coverage. The business must meet the eligibility criteria at the time of application.For information on which insurance companies offer Healthy NY in your county and premium rates, visit the Insurers and Rates section above.When Coverage will StartIf the insurance company receives your completed application and first month's premium payment by the 20th of the month, coverage will start the first of the following month.Application StatusDFS does not process Healthy NY applications. Direct all questions regarding application status to the insurance company to which you applied. For insurance company contact information, visit the Insurers and Rates section above.If you are unable to print an application, contact DFS at (800) 342-3736 (Monday through Friday, 8:30 AM to 4:30 PM) or email [email protected] to request an application by mail. Once a year, you must recertify that the business continues to meet the eligibility requirements of the Healthy NY program. 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If the insurance company receives a completed application and first month's premium payment by the 20th of the month, coverage will start the first of the following month.You will also need to terminate your existing coverage according to the terms of the contract. Usually you must give at least one month prior notice.It is not possible to transfer enrollment with one insurance company to another insurance company. NY State of Health is an organized marketplace designed to help people shop for and enroll in health insurance coverage. Individuals, families and small businesses can use the Marketplace to help them compare insurance options, calculate costs and select coverage. The Marketplace has a section specifically for small businesses called "The Small Business Marketplace" that can make it simple and easy for you to offer high quality, affordable health insurance coverage to your employees while taking advantage of the small business health care tax credit. For more information, please contact the Small Business Marketplace by phone at (855) 355-5777 or visit the NYSOH Small Business Marketplace online.Child Health PlusNew York State has a health insurance plan for children through age 18 called Child Health Plus. Child Health Plus is run by the Department of Health and provides free or reduced-cost coverage. For more information on Child Health Plus eligibility and covered services, please visit the Department of Health or call (800) 698-4543. You can apply for Child Health Plus coverage through the New York State of Health Marketplace.OCHIAThe Office of Citywide Health Insurance Access (OCHIA) is a resource for small businesses and people living in the metropolitan New York area that helps people determine if they qualify for any public health insurance programs, and if not, helps to find other affordable insurance. It also helps small businesses find coverage. For more information, please visit the OCHIA website.

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