Lesson 1: My Health Care: Why and How Do I Plan for It?
- Understanding of Health Insurance
- Awareness of Young Adult Health Care Needs
- Awareness of Financial Risks from Health Needs
- Understanding of Health Insurance

Lesson 2: Doors to Health Care
- Knowledge of What to Consider in Choosing How to Obtain Health Care
- Knowledge of Different Ways to Obtain Health Care
- Awareness of How to Find Health Care Options
- Knowledge of What to Consider in Choosing How to Obtain Health Care

Lesson 3: Steps to Health Care: Getting the Most Out of My Health Care Coverage
- Awareness of Specific Coverage Under Own Policy or Plan
- Awareness of Importance of Steps to Get Claims Paid
- Knowledge of How to Follow Steps to Get Claims Paid

1. Attitudes about Health Care
2. Ability to Make Strategic Choices about Accessing Health Care
3. Self-Efficacy to Use Own Health Insurance
4. Self-Advocacy to Get Health Insurance Claims Paid

Awareness of Consequences of Not Following Steps to Get Claims Paid
Obtain Maximal Reimbursement from Own Coverage
Minimize Out of Pocket Costs
Liability for Health Care Bills
Use of Health Care
Physical and Mental Health
Financial Well-Being
Physical and Mental Health
External

Physical and Mental Health
External