



*“Qualifying for affordable health care with the expansion of Medicaid has allowed me to take better care of myself.”*

My name is Karen Yeung. I am 38 years old and I live on my own in Seattle, Wash. I am a U.S. citizen, but I was born in Hong Kong.

I work as an independent medical interpreter. Before the Affordable Care Act, I put expenses for food, utilities and rent first. Private health insurance was expensive and I didn't meet eligibility for Medicaid. Not being insured felt dangerous because, as a single person, I am on my own if anything happens to me.

Qualifying for affordable health care with the expansion of Medicaid has allowed me to take better care of myself. When I felt pain, I went to ICHS and eventually learned that I have endometriosis. A few months ago, I found out that I have a fatty liver and prediabetes, which my doctor helps me manage through a healthy diet and exercise. If I didn't qualify for coverage from WA Apple Health, I wouldn't know these things. I could not afford to get regular screenings. I would skip them.

Being uninsured felt like less of a gamble when I was young. Now that I am older, the thought of losing health benefits makes me afraid. My health is important and I see how much I rely on affordable health insurance.