



*“I am healthy because I have excellent and affordable care, and regularly see a provider I trust.”*

My name is Molly Lu. I am 63 years old and live with my husband in Seattle, Wash. I am a U.S. citizen but I was born in Vietnam. It is hard to find work so I am retired and my husband only works part time.

We are both enrolled in WA Apple Health. We are healthy — with no big problems — but I receive ongoing treatment at International Community Health Services for diabetes.

I feel most comfortable talking about my health in my native language, Cantonese. ICHS provides Chinese-speaking staff and providers, who make sure my questions are answered and that I understand how to keep my diabetes under control. I am in regular contact with my primary health care provider and she does a good job looking after me. My condition is being monitored by someone who knows me and my health history. When my provider moved to another ICHS clinic, I switched too, even though it is farther away from my home.

I am healthy because I have excellent and affordable care, and regularly see a provider I trust. I don't know what I would do if I lost my health insurance and I worry about the future. I feel it's important to speak up for myself and others.