

# **Understanding Your Health Care Coverage**

The University of Kansas program on [Health Access for Independent Living \(HAIL\)](#) provides resources to support the health of people with disabilities.

Health care coverage or health insurance provides a way of paying for many kinds of health-related expenses, such as doctor's visits, hospital stays, medications, and durable medical equipment, like wheelchairs and walkers. [Understanding Health Coverage](#) provides essential information and resources on health care insurance options.

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Health Access for Independent Living (HAIL), University of Kansas

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<http://hail.ku.edu>

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