

# CCOMMON CENTS

YOUR FINANCIAL LITERACY NEWSLETTER

## What do I need to know?



Don't you forget...  
to file your 21-22 FAFSA!

M1, M2, M3, PA1, PA2 students need to file their 2021-2022 FAFSA before December 1 in order to be considered for need based grants. Don't wait—file your FAFSA today! Remember to include your parental financial information on the FAFSA in order to be considered for need based grants.

### PA3 students

It won't be long before you are officially Physician Assistants! That means that loan repayment is not too far away. Be sure to schedule a loan exit counseling appointment with Chris Roling. Find out the facts about loan repayment and get estimates on what your monthly payments might look like!!

### Spring 2021 Loan Disbursement Dates

M2 & PA2 students: January 4  
All other students: January 11

### CARES Act Update

All federal student loans have been interest free since March due to the CARES Act. Interest will start accruing on federal loans again after December 31, 2020. (unless this date is extended by new legislation or executive order)

## Medicaid Tips By Talia Sopp

Many CCOM students do not realize that there are options for health insurance other than the University of Iowa sponsored plans. Iowa Medicaid is a great option for students who may have difficulty affording these plans.

**What does Medicaid cover?** Medicaid provides comprehensive health coverage for doctor visits, prescription drug coverage, dental care, preventive health services, emergency care, mental health services, hospitalizations, and more.

**How much does it cost?** There are no charges for health services during your first year of enrollment. Beginning your second year of enrollment, small monthly contributions may be required, depending on family income. There are no copayments for health care services and prescriptions.

**Who is eligible? Applicants must meet the following requirements:**

- Be an adult between the ages of 19 and 64
- Live in Iowa
- Have an income that does not exceed 133% of the Federal Poverty Level
  - Approximately \$15,521 for an individual
  - Approximately \$20,921 for a family of two (income may be higher for larger family sizes)
- Be a U.S. citizen (or a permanent resident for at least 5 years)

**When and how can I apply?** You can apply at any time. (make sure that you can are able to get out of your existing insurance policy before starting a new insurance policy) The easiest way is to create an account through [www.healthcare.gov](http://www.healthcare.gov) which is a central application service for Medicaid as well as Marketplace insurance plans. (Note: there is a lot of information about Marketplace plans on the homepage of the website. If you are looking for Medicaid, ignore this - just press "login" at the upper right corner of the page, then create an account.)

**Who should I contact with other questions?** UIHC Social Services: 319-356-2207

## Holiday Shopping on a Budget

The holidays are approaching quickly! Here are a few suggestions on how to give presents and stay within your budget.

- Make a plan! Write out a list of people that you need to buy gifts for and determine the amount of money that you have available to spend. Determine how much you can afford to pay for each person and stick to those amounts.
- Try to limit the amount that you spend on yourself during the holidays so that you have more money for gifts. Remember—tis the season to give, not the season to buy things for yourself!
- Gifts don't have to be expensive—remember that it is the thought that counts!
- Give the gift of time—this costs nothing! Friends and family should understand that you are living on a fixed budget. They should also understand that your time is just as limited, so spending time with family and friends can be the best gift of all.
- If you are creative, then think about making gifts rather than buying gifts. You may have to buy some supplies, but it can still be cheaper than buying gifts. (Check Pinterest for ideas)
- Chip in for gifts with other friends and family members. If you split the cost of a gifts with others, you can still give nice gifts and save money at the same time.
- Re-gift unused gift cards...if you have some unused gift cards, you can always re-gift them to other people. (Just don't tell anyone!)

