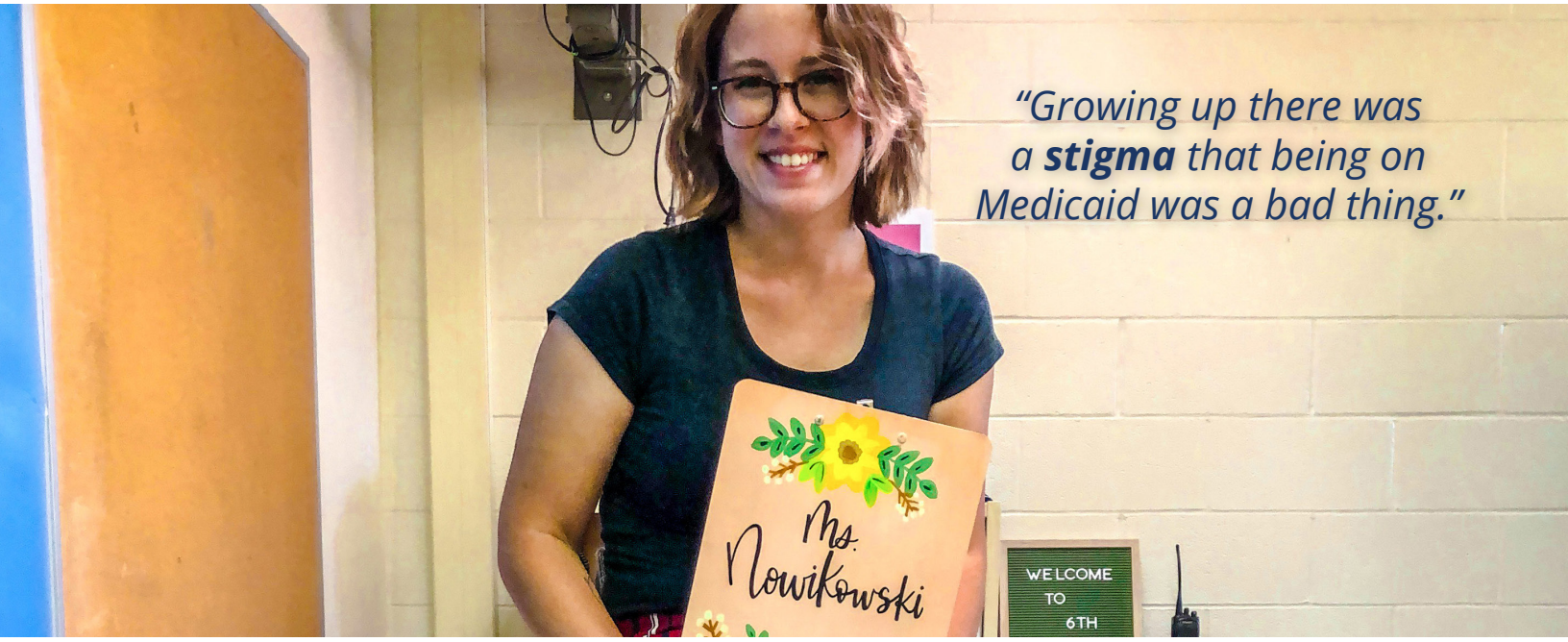
Robert Wood Johnson Foundation

# When Good Health Becomes Accessible

Ashley N. - Albuquerque, NM




***That's Medicaid*** *shares stories of people covered by Medicaid at critical points in their lives, underscoring the importance of stable health insurance coverage in building a Culture of Health.*

When **Ashley** moved to New Mexico to be with her mother, she unexpectedly lost the private health insurance she received under her father's plan. Her mother told her about the benefits of signing up for Medicaid, having experienced a lack of preventative care as a child.

Medicaid gave Ashley the chance to take control of her health and get the help she needed mentally and physically.

"It was a blessing just to be able to go to the doctor," she says.

When care became accessible, so did good health. Ashley received care for her chronic migraines which held her back from being able to live in peace. She was also able to seek help following a mental health crisis which made access to therapy even more urgent, a service which Medicaid covered.

Ashley recently began a new full-time position as a math teacher and moved to private insurance provided by her employer.

"Growing up there was a stigma that being on Medicaid was a bad thing," Ashley says. "These days, I'm just insanely grateful for Medicaid."