



# **LOST YOUR JOB AND NEED HELP PAYING YOUR COBRA PREMIUMS?**

**OR, WHEN YOU LOST YOUR JOB,  
DID YOU NOT TAKE COBRA  
BECAUSE YOU COULD NOT AFFORD  
THE PREMIUMS?**

If you were involuntarily terminated on or after September 1, 2008 and are not eligible for other health coverage (such as a spouse's health plan or Medicare), then you may be eligible for a 65 percent reduction of your COBRA premium for up to 9 months. If you didn't elect COBRA, you may have an additional opportunity to elect it now and take advantage of the premium reduction.

For more information, ask your former employer or contact the U.S. Department of Labor's Employee Benefits Security Administration at:

**1-866-444-3272**

**or**

**visit [www.dol.gov/COBRA](http://www.dol.gov/COBRA)**