

# Find Local Help!

Find free, local help near you. Trained experts can help you find the most savings and enroll. Help is available in person or over the phone.

COUNTIES SERVED	ENTITY NAME	PHONE	WEBSITE
Baltimore City, Baltimore County, Anne Arundel	HealthCare Access Maryland	<b>Call</b> (Choose the navigator option): 410-500-4710 or 855-288-3667 TOLL FREE	<a href="https://HealthCareAccessMaryland.org/how-we-help/health-insurance">HealthCareAccessMaryland.org/how-we-help/health-insurance</a>
Frederick, Carroll, Howard	HealthCare Access Maryland	<b>Call</b> (Choose the navigator option): 410-500-4710 or 855-288-3667 TOLL FREE	<a href="https://HealthCareAccessMaryland.org/how-we-help/health-insurance">HealthCareAccessMaryland.org/how-we-help/health-insurance</a>
Montgomery	Montgomery County Health Connection	<b>Call:</b> 240-777-1815	<a href="https://MontgomeryHealthConnection.org">MontgomeryHealthConnection.org</a>
Prince George's	Prince George's County Health Connect	<b>Call:</b> 301-927-4500	<a href="https://PGCHealthConnect.org">PGCHealthConnect.org</a>
Harford, Cecil, Kent, Queen Anne's, Talbot, Caroline, Dorchester	Seedco	<b>Call:</b> 866-492-6057	<a href="https://Seedco.org/marylandhealth/">Seedco.org/marylandhealth/</a>
Calvert, Charles, St. Mary's	Seedco	<b>Call:</b> 855-339-3007	<a href="https://Seedco.org/marylandhealth/">Seedco.org/marylandhealth/</a>
Garrett, Allegany, Washington	AHEC West	<b>Call:</b> 888-202-0212	<a href="https://AHECWest.org/wmic">AHECWest.org/wmic</a>
Wicomico, Somerset, Worcester	Lower Shore Health Insurance Assistance Program	<b>Call:</b> 855-445-5540	<a href="https://LowerShoreHealth.org">LowerShoreHealth.org</a>

# Consumer Assistance Regions

