More about Access to Medical Care and Coverage

We help people with any immigration status. HLA will not share your information with anyone unless you agree.
Please ask for an interpreter if you need one!
If HLA can help you all our services will be free.

Get help for problems with health care, insurance, or medical debt

1. Get ready to call us:
Have this information:
- How to contact you
- Your situation or problem
- Copies of medical bills, if needed
- Copies of notices/communications/letters from your health insurance, if needed
- Information about your health insurance plan
- Immigration information, if needed
- Where you live
- How many people are in your household
- Your income

2. When you are ready:
Call 617-338-5241 or 855-218-2519 (toll-free).
- Leave a message with your name, address, and phone number or email
- Describe the problem you have

If you can't call, fill out our intake form here.

3. What's next?
A paralegal from HLA will contact you. They will call you to talk about your problem.
- Next, HLA will decide if we can take your case.
- We will contact you to let you know if we can help.
- If HLA can't take your case, we will try to help you find an organization or resource that can help.

Who can HLA help?
To get help from HLA, you need to:
1. Live in Massachusetts
2. Meet **one** of our income requirements. **If you are not sure, call us anyway.**
   In 2026, this means:

For a family of 1, less than $47,880 per year For a family of 2, less than $64,920 per year For a family of 3, less than $81,960 per year For a family of 4, less than $99,000 per year For a family of 5, less than $116,040 per year And so on…
OR
Have health care expenses or debt that are more than you can pay