



~ State of Vermont Employees ~ Resources for you if your job is ending...

A. Sign up for Unemployment Benefits – see box

Helpful Tips related to filing for Unemployment Benefits

- **Call 1-877-214-3330** if you *do not have an active claim* or it has been more than two weeks since you filed a weekly claim. At this time, this is the only way to establish an unemployment claim.
- **Call 1-877-214-3332** if you have questions about an *active claim*.
 - You'll know when you've connected to a line as you'll be greeted by an automated telephone system welcoming you. **Don't hang up** – your call is in queue for service.
 - After you answer the automated questions, your call will automatically be placed in queue to speak with the next available Customer Service Representative.
 - Having trouble getting connected? Use the re-dial feature on your phone. This will increase the chances of your call connecting to one of the 48 lines as soon as a line becomes available.
 - Best Times to Call: Tuesday, Wednesday and Thursday afternoons; Mondays and Fridays are the busiest.

B. Explore the VT Department of Labor website (<http://www.labor.vermont.gov/>) for help with all aspects of looking for work, employee rights, etc.

C. Health Care after Job Loss– see box

Low-cost or Free Health Coverage Programs for Uninsured Vermonters

Website: http://www.greenmountaincare.org/about/green_mountain_care_programs.html#catamount

Green Mountain Care is a family of low-cost and free health coverage programs for uninsured Vermonters. Offered by the state of Vermont and its partners, **Green Mountain Care** programs offer no or low co-payments and premiums to keep out-of-pocket costs reasonable. There may be a program for you, no matter how much you earn.

New! Catamount Health (premium assistance now available!)

New! Employer-Sponsored Insurance (ESI) Premium Assistance

Dr. Dynasaur

Vermont Health Access Plan (VHAP)

Medicaid

Prescription Assistance

Disability and Long-Term Care

How do I apply for Green Mountain Care?

Online: Use the Screening Tool to find out what Green Mountain Care program may be available to you. Download an application and mail or fax it to the address listed on the application.

Telephone: Call **1-800-250-8427** to find out what you should apply for or request an application.

Mail: Request an application by mailing in the pre-paid postcard attached to a **Green Mountain Care** brochure.

D. Questions about where to turn? Dial 2-1-1 free from anywhere in Vermont for information about health and human service organizations in your community.

E. Call EAP: 1-888-834-2830 for up to 3 months post-layoff for support and ideas.

- **Stay Healthy and Connected with Others**– exercise, eat well, keep hydrated and keep talking with friends and loved ones. Stay connected to your social group.