

YOU FIRST

Screening and support for heart disease, breast and cervical cancer.

February 2026 Provider Newsletter

You First pays for and connects eligible Vermonters to breast and cervical cancer screenings and diagnostic tests. Members ages 35-64 can get heart health screenings and free memberships to local gyms, farmers' market coupons, state park passes, home blood pressure monitoring equipment, and more.

Our Patient Navigator guides members from screening to diagnosis to treatment. The Lifestyle Program Coordinator & Health Coach helps members achieve their fitness and nutrition goals for better heart health. You First provides 90-day retroactive coverage from the application signature date.

You First is a program of the Vermont Department of Health and is funded through the Centers for Disease Control and Prevention.

In this newsletter you'll find updates about Heart Health Awareness Month, Cervical Cancer screening, as well as updates to You First's income guidelines and fee schedule.

Heart Health Awareness Month



February is Heart Health Awareness Month, and You First is here to help! We know there is always more to fit into an office visit with your patients than time allows. You First can help by providing health coaching for our members ages 35-64, aimed at reducing cardiovascular disease risk factors. Health coaching is done by phone or email with a You First health coach. Members can also choose to participate in lifestyle programs to improve or maintain their cardiovascular health. Options vary by area of the state and time of

year, but some examples include walking challenges, farmers' market coupons, home blood pressure monitoring equipment, gym memberships, online fitness programs, and much more. Please [call us](#) or look for more information about [You First Services](#) on our website.

If your patient is not yet enrolled in You First, you can [refer them to You First](#) through our website. You First will then pay for a visit with you to check height, weight, and blood pressure, plus labs for cholesterol and blood sugar.* Then send that info to us on our [Provider Report](#). The member will complete and send back some questions we will mail to them with a return envelope. Once both parts are completed, we'll reach out directly to the member for health coaching.

*Medicaid will pay for the same visit and labs that You First can cover. You First is not able to pay for any clinical services or visits for members with Medicare Part B coverage. You First can still pay for lifestyle programs for those with Medicaid and/or Medicare Part B.

HPV Self-Collection News

Great news! You First is now able to pay for HPV self-collection tests done at a provider's office. If your office is currently using HPV self-collection tests or is planning to use them soon, please reply to this email to let us know more.

You First will also continue to pay for provider-collected Pap tests, HPV tests, and co-tests, plus recommended follow-up diagnostic testing, on whatever schedule you recommend for your patients.

2026 Income Guidelines

You First has released new income guidelines for 2026, which are set at 250% of the federal poverty level (FPL). If you know of anyone who was just over the income guidelines last year, please encourage them to apply again. Once a member is enrolled, they stay enrolled until their renewal the following year. They do not need to report income changes to You First until their renewal.

Remember that You First coverage can be stacked with other health insurance through the Marketplace or an employer and with hospital financial assistance programs. You First is not able to pay for clinical services for folks with Medicare Part B coverage. Those with Part B coverage who are between the ages 35-64 are still eligible for health coaching through the heart health part of You First. That includes access to gym memberships, farmers' market coupons, and other heart health program options.

Please be in touch with any questions and remember to refer eligible patients to You First.

2026 Income Guidelines

Printable Handout with Eligibility

2026 Fee Schedule

You First's Fee Schedule for 2026 has been released. You First is billed through the Vermont Medicaid system (Gainwell Technologies), though we are a separate program. Please reach out to You First directly with questions about coverage or to resolve billing issues. For billing support, please reach out to:

Gwen Delgadillo
gwen.delgadillo@vermont.gov
802-865-7758

Melissa Doane
melissa.doane@vermont.gov
802-863-7332

2026 Fee Schedule

Order You First Materials

You can make sure your eligible patients know about the You First program by hanging up a You First poster or handing out You First rack cards! Posters are available in two sizes: 11x14 and 8.5x11 with tear tabs. Posters, rack cards, applications, and other materials can be ordered using our [Materials Request Form](#) and will be mailed directly to you. You First applications are available in 12 languages. See below for examples of some of these materials.



You First Rack Card



You First Poster

Request Materials



YOU FIRST

VERMONT DEPARTMENT OF HEALTH

1-800-508-2222
YouFirst@vermont.gov
www.YouFirstVT.org

You First | Vermont Dept of Health Health Promotion & Disease Prevention 280 State Drive | Waterbury, VT 05671-8380 US

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