

Women's Institute for a Secure Retirement

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http://www.wiserwomen.org/index.php?id=135&page=Health_Care

Health Care

Medicare:

Learn Medicare basics through WISER's [Medicare Basics](#) fact sheets and related resources.

Check out **WISER's Infographic: [Social Security and Medicare Benefit Milestones](#)**

People with Medicare and the Health Insurance Marketplace

If you are already covered by Medicare, your coverage will not be affected. [Read](#) this fact sheet by the [Center for Medicare & Medicaid Services](#) to find out more and to protect yourself against Health Insurance Marketplace fraud.

Long-Term Care:

Educate yourself about long-term care and long-term care insurance with these special reports and resources:

[WISER Long-Term Care Resource Guide \(pdf\)](#)

[WISER Fact Sheet: LongTerm Care Insurance \(pdf\)](#)

Sources of Information on Long-Term Care:

[LongTermCare.gov](#) - resource provided by the Department of Health and Human Services. Offers a variety of resources including a planning tool called "Path Finder" to help you find the most relevant information for your current situation.

Eldercare Locator-- Funded by the Administration for Community Living—provides help finding community services for seniors and caregivers to older adults in every community. Visit www.eldercare.gov or call 1-800-677-1116.

American Council of Life Insurers-- Information on long-term care insurance, how to buy it and the tax treatment of premiums. Visit the long-term care [consumer section](#) of their website to learn more. The [Long-Term Care Insurance Brochure](#) answers commonly asked questions about long-term care insurance and provides a checklist for selecting a policy.

National Council on Aging-- Information on long-term services and supports and caregiving available at www.ncoa.org or call 1-800-373-4906. Also, see NCOA's **Benefits Checkup**, an online resource to quickly find benefit programs that can help seniors pay for medications, health care, food, utilities, and more. Go to www.benefitscheckup.org.

Genworth Financial "Cost of Care Survey"-- Provides [state-by-state comparison of the cost of long-term care](#), including nursing homes, assisted living facilities, home health aides, etc.

Sources of Information on Medicare, Medicaid and Medigap Insurance:

Social Security Administration-- For information about eligibility or applying for Medicare, call the Social Security Administration at 800-772-1213 or go to www.ssa.gov.

The Centers for Medicare and Medicaid Services (CMS)-- The federal agency that administers the Medicare program and oversees the state Medicaid programs. For information, call 1-800-633-4227 or go to www.medicare.gov.

State Health Insurance Assistance Programs (SHIP)-- SHIP programs are independent programs, funded by federal agencies that provide free, personalized counseling to help with your individual Medicare and supplemental insurance questions and decisions. Find your local SHIP [here](#).

Medicare Rights Center-- Information about Medicare benefits for consumers and caregivers. www.medicarerights.org

For more helpful resources on Health Care, [click here](#).

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