HICAP Monthly Newsletter

February Issue 2024

HICAP is here to help Monday - Friday, 8am - 5pm
Give us a call at (559) 224-9117 or 1-800-434-0222

Happy American Heart Month!
Medicare Advantage Open Enrollment & General Enrollment Periods are here!

**Cardiovascular Disease (Behavioral Therapy)**
Medicare will cover one visit per year with your primary care doctor to help lower your risk for cardiovascular disease.

**Cardiovascular Disease Screenings**
Ask your doctor to test your cholesterol, lipid, and triglyceride levels to help determine if you're at risk for a heart attack or stroke. Medicare covers these tests every 5 years.

**Cardiac Rehabilitation**
Covers these comprehensive programs if you've had a condition such as, but not limited to:
- A heart attack in the last 12 months
- Coronary artery bypass surgery
- Current stable angina (chest pain)
HICAP is available Monday - Friday, 8AM - 5PM

3-month period each year during which you can enroll/join:

- Part A
- Part B

Coverage begins the first day of the following month.

**Medicare Advantage Open Enrollment Period**

**January 1st - March 31st**

3-month period each year during which you can:

- Switch Medicare Advantage Plans
- Drop your Medicare Advantage Plan and return to Original Medicare with a Part D plan

Coverage begins the first day of the following month.

**Have questions? Let us know!**
HICAP is available Monday - Friday, 8 A.M. - 5 P.M. to assist you with all things Medicare
(559) 224-9117 or 1-800-434-0222

Interested in assisting Medicare Beneficiaries? Join our team!

Contact Laura Robinson, HICAP Volunteer Coordinator, for additional information at (559) 224-9117 ext. 304.
If you are interested in scheduling a HICAP presentation please contact us at (559) 224-9117.

HICAP would like to encourage our beneficiaries to follow us on social media.

HICAP Community Outreach Coordinator, Sujay Martinez creates our wonderful HICAP posts. Below are HICAP’s February posts in case you missed them.......

HICAP Social Media

Be sure to keep up with us on all our platforms!

valley CAREGIVER RESOURCE CENTER
¡HA VUELTO!

EVENTO DE TRITURACIÓN
DE PASO EN AUTOMÓVIL
PARA ADULTOS MAYORES Y CUIDADORES

¡ESTE ES UN EVENTO GRATUITO!
sábado, 9 de marzo de 2024
10 AM - 12 PM

Dirección:
Estacionamiento de Valley Caregiver Resource Center
5363 N. Fresno St. Fresno 93710
Para más información, contacte a su SMP local al (559) 224-9117

¡NOS VEMOS ALLÍ!

Meet the Medicare Savings Programs

Eligibility for each Medicare Savings Program (MSP) is based on income and resource limits. Contact a Registered Counselor to find out if you qualify!

- **Qualified Medicare Beneficiary**
  - Helps pay for:
    - Part A premiums
    - Part B premiums, deductibles, coinsurance, and copayments

- **Qualified Low-Income Medicare Beneficiary**
  - Helps pay for:
    - Part B premiums
    - (you must have both Part A and Part B to qualify)

- **Qualifying Individual**
  - Helps pay for:
    - Part B premiums
    - (you must have both Part A and Part B to qualify)

- **Qualified Disabled & Working Individual**
  - Helps pay for:
    - Part A premiums only

Be sure to check out our website!
Be sure to check out our website! Find the latest news and updates on HICAP and Medicare information!

Please visit our webpage at the Valley Caregiver Resource Center website for more information about your Fresno and Madera HICAP, at valleycrc.org.

### Medi-Cal Application Assistance Day

Join us for one of our favorite events!

Every 2nd Wednesday of the month, Fresno County Department of Social Services joins us at Valley Caregiver Resource Center to assist Seniors and Caregivers about all things Medi-Cal, CalFresh, and CalWorks.
Medi-Cal Application Assistance Day is by appointment only. Please call HICAP at (559) 224-9117 to schedule your appointment. Spaces are limited, call us today!

Senior Medicare Patrol

Your HICAP counselors serve as SMP liaisons, please contact HICAP at (559) 224-9117 to report Medicare Fraud.

The Annual Shredding Event is back! Mark your calendars for this free event! Saturday, March 9th, 2024 10AM - 12PM
DRIVE THRU
SHREDDING EVENT
FOR SENIORS & CAREGIVERS

Protect Yourself & Loved Ones From
Medicare Fraud & Identity Theft

Together Senior Medicare Patrol and Valley Caregiver Resource Center want to help protect you! Bring documents with personal identifiable information—such as old bank statements, bills, old tax returns, and outdated Medicare documents—to be safely shredded.

THIS IS A FREE EVENT!
Saturday, March 9, 2024
10 AM – 12 PM

Location:
Valley Caregiver Resource Center Parking Lot
5363 N. Fresno St. Fresno 93710
For more information, please contact your local SMP at (559) 224-9117

We ask for all participants remain in your car. Staff members will unload your box for you.

A mobile shred truck will immediately shred your personal documents:
• One banker box per participant (cardboard boxes and/or containers cannot be left)
• No cardboard, binder clips, binders, or electronic media will be accepted
• Residential shredding only (no commercial shredding allowed)
• Truck will be available for 2 hours or until full

Additional information and resources
YOU'VE GOT MAIL – IS IT REALLY FROM MEDICARE?

You may get mail that looks like it's from official Medicare, but it's likely a sales attempt to change your Medicare plan. Responding to them in any way allows them to call, mail, and email you more.

URGENT: ACTION NEEDED FOR YOUR MEDICARE

*This is not connected to or associated with a government agency.
HICAP is a program of the Valley Caregiver Resource Center and we would like to invite you to participate in the following fundraising opportunity:

**SNF MEDICARE FRAUD, ERRORS, & ABUSE**

Medicare fraud can occur when a provider or facility bills for services you did not receive or were not medically necessary.

**EXAMPLES OF POTENTIAL SKILLED NURSING FACILITY (SNF) FRAUD:**

Learning that your Medicare was charged for:

- Services that your doctor did not deem medically necessary
- Services that you never received
- More expensive services than what you received
- A greater quantity of services than what you received
- SNF services for dates after you were released from the SNF
- Being forced to stay in a SNF until your benefits have expired, even though your condition has improved, and you wish to transition to home health care services.

**YOU CAN STOP SNF FRAUD BY:**

- Reading your Medicare statements to compare the services you received with the services Medicare was charged.
- Reporting any charges on your Medicare statements that are not accurate to your local **Senior Medicare Patrol (SMP).**
- Working with your doctor to enroll in SNF services.
- Not accepting gifts or money in return for choosing a SNF.
- Signing forms only once you have understood them.
- Reporting potential fraud to your local **SMP.**
- Reporting quality-of-care complaints to the BFCC-QIO (visit [www.qioprogram.org](http://www.qioprogram.org) to find your BFCC-QIO).

**CONTACT YOUR SENIOR MEDICARE PATROL (SMP)**

Contact your local Senior Medicare Patrol (SMP) to report Medicare fraud, errors, or abuse.

[smpresource.org](http://smpresource.org)

For Medicare help contact your local State Health Insurance Assistance Program (SHIP):

[shiphelp.org](http://shiphelp.org)

[SHIP](http://SHIP) State Health Insurance Assistance Program
We welcome interested parties to contact Executive Director, Michelle DiBuduo, to learn more about how you can volunteer, donate, or sponsor one of our upcoming events.

Executive Director: Michelle DiBuduo  
Phone: (559) 224-9154  
Email: mdibuduo@valleycrc.org
We are in need of auction items and would greatly appreciate your support!

We are always here to help and share our services!

Best Wishes, from the Fresno/Madera HICAP Team
Laura, Jean, Sujey, Jessenia, Gyan, Wayne C.,
Linda, and Debra

For program updates and more information, please visit our website:
https://www.valleycrc.org/hicap

Contact Information:
HICAP Program Manager: Lorena Perez
Phone: (559) 224-9117 or (800) 434-0222
Email: lperez@valleycrc.org
Address: 5363 N. Fresno St. Fresno, CA. 93710

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Valley Caregiver Resource Center | 5363 N. Fresno Street, Fresno, CA 93710

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