

HICAP Monthly Newsletter

November Issue 2023

HICAP
Health Insurance
Counseling and
Advocacy Program

Free Service to Medicare Beneficiaries

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

Happy

Thanksgiving

**from your local
HICAP**

A program of

valley
CAREGIVER
RESOURCE CENTER



Medicare Annual Open Enrollment Continues!

MEDICARE OPEN ENROLLMENT PERIOD



Medicare.gov



Medicare Open Enrollment runs from **October 15 to December 7**. During this time, people eligible for Medicare can compare 2024 coverage options on Medicare.gov.

Medicare.gov provides clear, easy-to-use information, as well as an updated Medicare Plan Finder, to allow people to compare options for health and drug coverage, which may change from year to year.

1-800-MEDICARE is available 24 hours a day, 7 days a week to provide help in English and Spanish as well as language support in over 200 languages.

Thank You, Community Members & Partners!

Thanks to you, the Fresno-Madera HICAP was able to assist approximately 200 Community Members within the month of October alone! Our Registered Counselors are working diligently to continue to serve Fresno and Madera counties for the remainder of Annual Open Enrollment. Thank you, HICAP staff and volunteers!

Keep in mind: These enrollment periods are just around the corner!

General Enrollment Period

January 1 through March 31



Available Programs:



General Enrollment Period

January 1st - March 31st

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

- Part A
- Part B

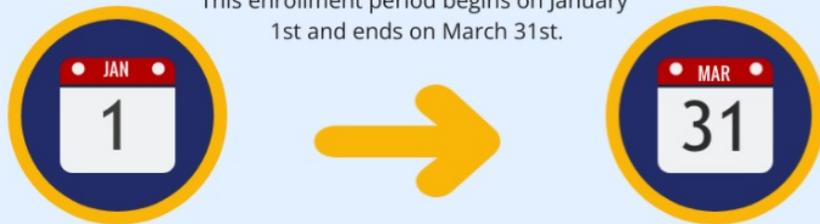
Coverage begins the first

day of the following month

Medicare Advantage Open Enrollment Period

What is the Medicare Advantage Open Enrollment Period?

This enrollment period begins on January 1st and ends on March 31st.



The Medicare Advantage Open Enrollment Period allows those already on Medicare Advantage to make a one-time change to their coverage.

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!



What Can You NOT Do During the Medicare Advantage Open Enrollment Period?



Enroll in a Medicare Advantage plan for the first time.



Enroll in an Original Medicare for the first time.



Enroll in a Medicare Supplement plan without underwriting health questions.



When do Medicare Advantage Open Enrollment Period Changes Become Active?

If you make a change to your plan during the Medicare Advantage Open Enrollment Period, your new coverage will go into effect on the first day of the month following your enrollment.

**HICAP is available Monday - Friday, 8AM - 5PM
to assist you with all things Medicare
(559) 224-9117 or 1-800-434-0222**

HICAP Social Media



MEDICARE & YOU

Medicare Open Enrollment

October 15 - December 7

Annual Open Enrollment is the time to review your 2024 Medicare plan choices!

Please contact HICAP at (559) 224-9117 to inquire about available appointments, or contact Medicare for 24/7 assistance at 1-800-633-4227.

Upcoming December Events

See where **HICAP** will be next month:

Senior Scam Stopper

When: Wednesday, 12/06/23

Where: Clovis Senior Activities Center

Time: 1pm-3pm

Cultiva La Salud

When: Monday, 12/11/23

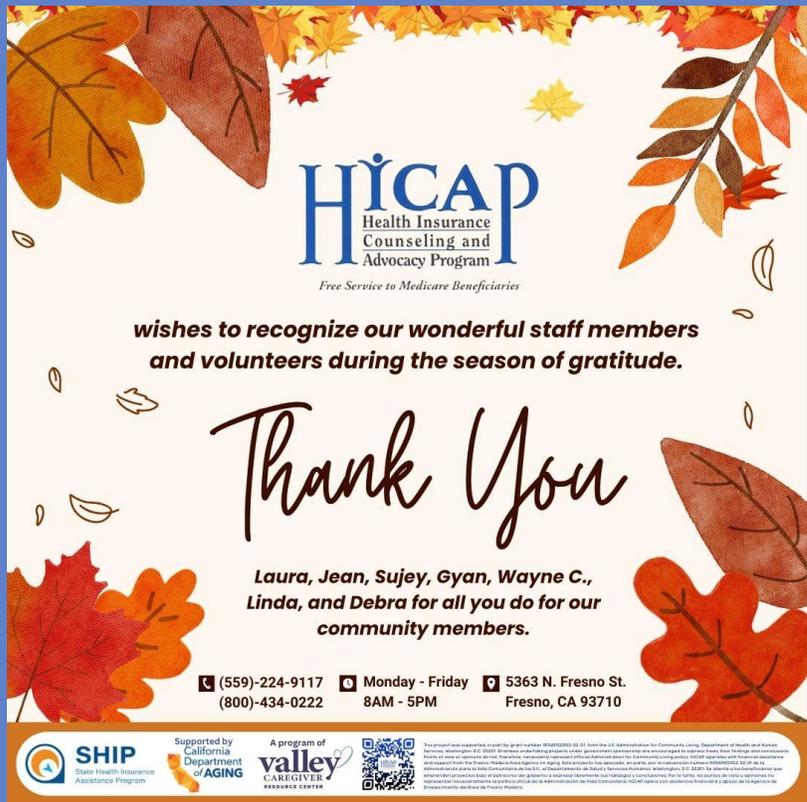
Where: Virtual
Time: 8:30 am

Medi-Cal Application Assistance Day

When: Wednesday,

HICAP would like to encourage you to follow us on social media.

HICAP Community Outreach Coordinator, Sujey Martinez creates our wonderful HICAP posts. Below are HICAP's October posts in case you missed them.....



HICAP
Health Insurance Counseling and Advocacy Program
Free Service to Medicare Beneficiaries

wishes to recognize our wonderful staff members and volunteers during the season of gratitude.

Thank You

Laura, Jean, Sujey, Gyan, Wayne C., Linda, and Debra for all you do for our community members.

📞 (559)-224-9117 (800)-434-0222 📅 Monday - Friday 8AM - 5PM 📍 5363 N. Fresno St. Fresno, CA 93710

SHIP State Health Insurance Assistance Program | Supported by California Department of AGING | A program of valley CAREGIVER RESOURCE CENTER



NOVEMBER
NATIVE AMERICAN HERITAGE MONTH

HONORING THE ORIGINAL INHABITANTS OF CALIFORNIA'S CENTRAL SAN JOAQUIN VALLEY

Fresno-Madera HICAP Health Insurance Counseling and Advocacy Program
Has an array of tribal literature available for Native American Medicare Beneficiaries upon request

Learn more about all things Medicare at your local HICAP

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Medicare and Medicaid Benefits for People with Dementia
For American Indians and Alaska Natives

Medicare Savings Programs Information for American Indians and Alaska Natives

Get help paying for Medicare costs if you have limited income and assets

@CHSgov #CHSNativeHealth | HealthCare.gov

SHIP State Health Insurance Assistance Program | Supported by California Department of AGING | A program of valley CAREGIVER RESOURCE CENTER



12/13/23
 Time: All Day
 (Appointment
 Required)



THANK YOU



TO ALL WHO SERVED

From the
Fresno-Madera HICAP



**CAN ASSIST WITH YOUR
 QUESTIONS ABOUT VA
 BENEFITS AND MEDICARE!**

☎ (559)-224-9117 🕒 Monday - Friday 8AM - 5PM 📍 5363 N. Fresno St. Fresno, CA 93710



This project was supported in part by grant number H2020025-02-01 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, DC 20535. Certain underlying projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not necessarily represent official administration for Community Living Agency. HICAP operates with financial assistance and support from the Health Resources and Services Administration, Department of Health and Human Services, Washington, DC 20535. For information on the Administration for Community Living, visit www.acl.hhs.gov. For information on the Department of Health and Human Services, visit www.hhs.gov. For information on the Administration for Community Living, visit www.acl.hhs.gov. For information on the Department of Health and Human Services, visit www.hhs.gov. For information on the Administration for Community Living, visit www.acl.hhs.gov. For information on the Department of Health and Human Services, visit www.hhs.gov.

FREE MEDICARE AND MEDI-CAL EVENT

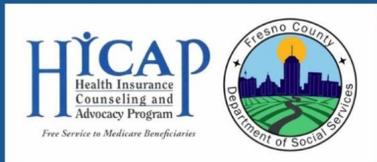


**+ RESOURCE
 FAIR**

Assisting community members with all things Medicare & Medi-Cal!

ASSISTANCE PROVIDED BY

HOSTED BY



**APPOINTMENT ONLY
 LIMITED SPOTS**

VISIT THE LINK OR SCAN TO REGISTER
WWW.JAKARA.ORG/FREEMEDI



📅 19 Nov. 2023 Sunday 1pm - 5pm 📍 4827 N. Parkway Dr Fresno, CA 93722 📞 Jakara Health Venture 559-549-7213



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If you are interested in scheduling a future HICAP presentation please contact us at (559) 224-9117.

Important HICAP Announcement!



CareNav™ Login English

800.541.8614 | 559.224.9154 • 5363 N. FRESNO ST. 📍 📞 📧



Our website has launched!



Please visit our webpage at the Valley Caregiver Resource Center website for more information about your Fresno and Madera HICAP. Please scan the QR code for quick access, or find us at valleycrc.org.



November 19th's Medicare & Medi-Cal Event

Thank you to Jakara Movement and Fresno County Department of Social Services for a successful outreach and assistance event at the Sikh Institute Fresno!

Our team was able to provide detailed assistance to 12 families through designated appointment slots with interpreters.

HICAP was also available to answer general questions for the estimated 150 individuals that were present at this event.

This event also included a resource fair and mobile

resource fair and mobile health clinic with UCSF.

Please check out our photos!

HICAP is honored to have been able to reach our Community Members where they are at. Contact us for details and information regarding future Outreach events at (559) 224-9117.



Upcoming December Events

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**



MEDICARE INFORMATION



IT'S AS EASY AS 1, 2, 3!

1

Get in contact with Medi-Cal at HICAP

MEDI-CAL APPLICATION ASSISTANCE DAY FOR FRESNO COUNTY

During your scheduled appointment, a Fresno County Eligibility Worker may provide assistance with:

- General program questions
- Application assistance with: Medi-Cal, CalFresh, CalWorks
- Ongoing cases
- Understanding letters received

CALL HICAP TO SCHEDULE YOUR APPOINTMENT

MONDAY-FRIDAY 8AM-5PM (559) 224-9117

This event is the 2nd wednesday of every month.

GIVE US A CALL AND WE WILL SCHEDULE YOU IN!

(559)-224-9117 Monday - Friday 8AM - 5PM 5363 N. Fresno St. Fresno, CA 93710



2

Gather these important documents

- Legal names of all people included in the application
- Social Security cards
- Proof of Address: Utility Bills (i.e. PG&E), insurance documents, etc.
- Proof of Identity: Passports, driver's license, etc.
- Income and Tax information: W2 forms, pay stubs, bank Statements, etc.
- Property: Car title, etc.

Disclaimer: Please bring all documents enclosed in a secure folder. Do not share documents/personal information with anyone other than the Eligibility Worker on site.

3

Fill out the initial application for Fresno County

Eligibility is income-based, and considers assets.

- Additional assets
 - Individuals: \$130,000 limit
 - Couples: \$195,000 limit

Families or persons with income too high to qualify for a free Medi-Cal program may have a Share of Cost.

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 Scam Stopper

SENIOR SCAM STOPPERSM

CONTRACTORS STATE LICENSE BOARD



Be Informed and Protect Yourself



Join us and learn how to protect yourself from scammers. Seniors, their families, and caregivers are welcome to attend this **FREE** seminar.

SeniorScamStopper.com
www.cslb.ca.gov



WEDNESDAY

December 6, 2023

1:00 p.m. – 3:00 p.m.

Clovis Senior Activity Center
735 3rd St.
Clovis, CA 93612

Assemblyman Jim Patterson and the Contractors State License Board (CSLB) invite you to attend a Senior Scam StopperSM seminar. Panelists include representatives from the Department of Financial Protection and Innovation (DFPI) and the California Department of Insurance (CDI).

For more information,
please contact
Asm. Patterson's
office at (559)446-2029.



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

CHANGING MEDICARE PLANS?

WATCH OUT FOR **SOCIAL MEDIA SCAMS**

Posts cannot suggest that Medicare endorses or prefers their plan. They also cannot claim there are any extra benefits for signing up early.



Preventing Medicare Fraud
877.808.2468
SMPRESOURCE.ORG
SUPPORTED BY GRANT # 90MPRC0002 FROM ACL

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://valleycrc.org/hicap-program/>





Contact Information: HICAP

Phone: (559) 224-9117 or (800) 434-0222

Address: 5363 N. Fresno St. Fresno, CA. 93710

HICAP is a part of the National State Health Insurance Program (SHIP) network and supported by the California Department of Aging.

Supported by:



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

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