



## NEWSLETTER

(SHASTA, LASSEN, SISKIYOU, MODOC, TRINITY)

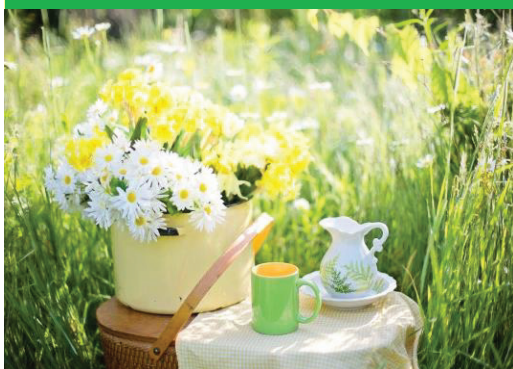
# PSA 2 AAA HEALTH INSURANCE COUNSELING ADVOCACY PROGRAM (HICAP)

Volume 2 / Issue 6 / June 2021

### AN OVERVIEW

The Health Insurance Counseling & Advocacy Program (HICAP) is a state-sponsored, volunteer-supported program that provides FREE counseling to people with Medicare about their benefits, rights and options, and other health insurance related questions.

HICAP provides unbiased information to help you make an informed decision for your individual health care needs.



### JUNE IS NATIONAL HEALTH AND WELLNESS MONTH

June is National Health and Wellness Month. Have you had your Annual Wellness Visit with your doctor? Medicare pays for a wellness visit annually.

If you've had Medicare Part B (Medical Insurance) for longer than 12 months, you can get a yearly "Wellness" visit once every 12 months to develop or update a personalized prevention plan to help prevent disease and disability, based on your current health and risk factors. Your provider may also perform a cognitive impairment assessment.

**Your costs in Original Medicare:** You pay nothing for this visit if your doctor or other qualified health care provider accepts assignment.

The Part B [deductible](#) doesn't apply. However, you may have to pay [coinsurance](#), and the Part B deductible may apply if:

- Your doctor or other health care provider performs [additional](#) tests or services during the same visit.
- These additional tests or services may not be covered under the preventive benefits.

Call HICAP at 530-223-0999 / 800-434-0222

### Spring into Summer with Medicare Preventive Benefits!

Some of the Preventive benefits Medicare pays for:

Diabetes screening    Bone Mass measurement  
Cardiovascular disease    Mammograms    Lung Cancer  
Hepatitis    Prostate Cancer Screening

Call HICAP at 530-223-0999 / 800-434-0222

---

*HICAP does not sell, endorse, or recommend any specific insurance product.*

---



**KNOW ABUSE    REPORT ABUSE**  
ELDER AND DEPENDENT ADULT ABUSE AWARENESS

# Medicare Enrollment Periods

## IEP

Begins three months before the month of your 65th birthday and continues for three months after

## SEP

Eight-month window that begins when your employer coverage ends

## GEP

If you miss your IEP, you can sign up for Medicare between January 1st and March 31st of each year

There are certain periods when you can join, change or drop the different parts of Medicare (A, B, C, and D). In other words, you are not allowed to enroll or disenroll whenever you want.

- Initial Enrollment Period (IEP) Parts A & B
- General Enrollment Period (GEP) Parts A & B
- Annual Election Period (OEP) Parts D and C (C=MA)
- Special Enrollment Period (SEP) Parts B, D, MA-PD
- Medicare Advantage (MA) Open Enrollment Period

October 15-December 7

Call HICAP at 530-223-0999 / 800-434-0222

Contact Us  
Health Insurance Counseling Advocacy Program (HICAP)  
1647 Hartnell Avenue, Suite 8  
Redding, CA 96002

***HICAP services are free and include individual counseling and assistance as well as community education services.***



"This project was supported, in part by grant number 90SAPG0094-02-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy."