



Medicare: An Overview and Update

November 12, 2020

ONLINE RESOURCES

These online resources were referenced in our webinar and/or supplement the information provided. All of the links are active. If you are viewing this on your computer, simply click on the link to go directly to the resource.

HICAP (Health Insurance Counseling & Advocacy Program)

HICAP agencies in each county are run by the California Department on Aging. To find the HICAP office for each county, go to: <https://cahealthadvocates.org/hicap/>

"HICAP provides free and unbiased community education, individual counseling, and advocacy to Medicare beneficiaries about Medicare, Supplemental Insurance, Prescription Drugs and Medicare Advantage plans, Long Term Care Insurance, Medicare Appeals, and Low Income Assistance programs. HICAP is a volunteer supported program that helps Medicare beneficiaries of any age make informed choices and provides advocacy when their health care benefits and rights are threatened or denied. HICAP does not sell, endorse, or recommend any specific insurance product or plan." www.lashicap.org

ALAMEDA COUNTY www.lashicap.org

• **Legal Assistance for Seniors/Health Insurance Counseling and Advocacy Program**

To request a counseling appointment for Alameda County residents, [click here](#)

CONTRA COSTA COUNTY www.cchicap.org

• **Contra Costa County Health Insurance Counseling and Advocacy Program**

To request a counseling appointment for Contra Costa residents, [click here](#)

MEDICARE

Medicare – Helpful Contacts

<https://www.medicare.gov/Contacts/>

Medicare Advantage Plan Comparison Chart for Alameda County- 2021 (rev. 10.20.2020)

<https://www.lashicap.org/wp-content/uploads/2020/10/2021-MA-Plan-Comparison-Chart-letter-size-FINAL.pdf>

Medicare Advantage Plan Comparison Chart for Contra Costa County - 2021

<https://cchicap.org/wp-content/uploads/2020/10/2021-MAPD-Chart-2020-10-12.pdf>

CALIFORNIA ADVOCATES FOR NURSING HOME REFORM (CANHR)

Medi-Cal Eligibility Booklet

http://www.canhr.org/publications/PDFs/MEB_Eng.pdf