

# HICAP Monthly Newsletter

**HICAP**  
Health Insurance  
Counseling and  
Advocacy Program

*Free Service to Medicare Beneficiaries*

December Issue 2022

*Happy Holidays from "your" HICAP*



## Upcoming January Events

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

### Medi-Cal Application Assistance Day for Seniors and Caregivers

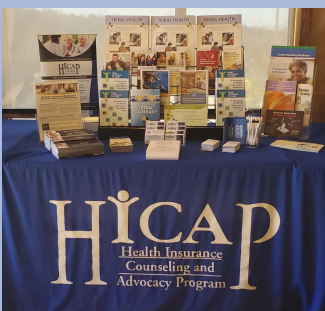
When:  
Wednesday, 1/11/23

Where:  
Valley Caregiver Resource Center

Time: All Day, appointment required. Call HICAP to schedule at (559) 224-9117

Reminder that our office will be closed for the following dates:

- Monday, 1/02/23
- Monday, 1/16/23



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, Sujey Martinez creates our wonderful HICAP posts. Below are the ones shared in December in case you missed them.

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### TIPS FOR TUESDAY

**What to do if your original Medicare card is lost, stolen, or damaged:**


- REPLACE**  
If your red, white, and blue Original Medicare card is lost or stolen you can replace it by calling 1-800-633-4227 or by logging into your medicare.gov account
- REVIEW**  
Watch out for Medicare fraud. Check your Medicare Summary Notice (MSN) for services you did not receive
- REPORT**  
Report any inaccuracies to the Inspector General's fraud hotline at 800-447-8477 or your local Senior Medicare Patrol Liaisons at (559) 224-9117.

A program of  
**valley**  
CAREGIVER  
RESOURCE CENTER




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






# BECOME A



# VOLUNTEER


**LOOKING FOR A MEANINGFUL VOLUNTEER EXPERIENCE ?**



**THE HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP) MAY BE PERFECT FOR YOU!**

## HICAP IS SEEKING...


VOLUNTEERS TO HELP MEDICARE BENEFICIARIES NAVIGATE THE COMPLEX SYSTEM OF THEIR HEALTHCARE COVERAGE OPTIONS.

 **UPCOMING TRAINING: JANUARY 9-12, 2023**

**LAURA ROBINSON**  
VOLUNTEER COORDINATOR

**559-224-9117 Ext 304**  
Lrobinson@valleycrc.org

**www.valleycrc.org**

A program of 

## DON'T FORGET YOUR FLU SHOT

PROTECT YOURSELF AND OTHERS THIS FLU SEASON

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PEOPLE WHO ARE 65 AND OLDER ARE AT HIGH RISK OF HAVING SERIOUS HEALTH COMPLICATIONS FROM THE FLU. GETTING THE FLU SHOT PROTECTS YOU FROM GETTING THE FLU AND KEEPS YOU FROM SPREADING IT TO OTHERS.

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**REMINDER!**  
You pay nothing for a flu shot under Medicare Part B (Medical Insurance).





Call  today to receive *free, confidential, and unbiased* Medicare counseling!  
 Monday- Friday 8AM- 5PM  
 (559) 224-9117





## URGENT REMINDER:



MEDICARE HEALTH INSURANCE

ANNUAL OPEN ENROLLMENT 2023

**ENDS DECEMBER 7**

Ask us about your eligibility for additional enrollment periods

Medicare Advantage Open Enrollment Period  
From January 1 – March 31 each year

Special Enrollment Periods  
When certain events happen in your life  
For example: If you move or you lose other insurance coverage

Let's schedule your appointment for assistance  
reviewing your 2023 Medicare plan choices!



Monday- Friday 8AM- 5PM  
(559) 224-9117



Counseling is free, confidential and unbiased



# The Medicare Advantage Open Enrollment Period is almost here!!

*Do you have a Medicare Advantage plan and would like to know your coverage options for 2023?*

*Are you unhappy with your current Medicare Advantage plan?*

*Want to make changes and need enrollment assistance?*

*Want to switch to Original Medicare?*

Give HICAP a call today at (559) 224-9117 to schedule your free, confidential, and unbiased Medicare counseling appointment with a registered HICAP counselor.

The Medicare Advantage Open Enrollment period begins *January 1st and ends on March 31st.*

If you are currently enrolled into a Medicare Advantage plan, you can switch to a different Medicare Advantage Plan or switch to Original Medicare.

**\*\*\*Important Reminder\*\*\***

**You can only switch plans once during this period!!!**

# Medicare Advantage Open Enrollment Period

Coverage begins the first of the month after your request

Enrollment Opens

Deadline

Coverage Begins



## Want to help other seniors navigate the complicated world of Medicare?

Become a volunteer today!!

Next Orientation and Training begin January 9, 2023.

Contact HICAP Volunteer Coordinator, Laura Robinson at (559) 224-9117 ext. 304 or email [lrobinson@valleycrc.org](mailto:lrobinson@valleycrc.org) for more information.



## Medi-Cal Application Assistance Day

# MEDI-CAL APPLICATION ASSISTANCE DAY



Hosted at:  
Valley Caregiver Resource Center  
5363 N Fresno Street  
Fresno, CA 93710

**Assistance by appointment only!**  
**Participants must be fully vaccinated**



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

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

2nd Wednesday  
of each Month



Starting  
July 13, 2022



**For more information or to  
schedule an appointment  
please contact HICAP at  
(559) 224-9117**



## Senior Medicare Patrol:

Annual Shredding Event, Mark your  
calendars for this free event.....  
Saturday, March 18, 2023 10am- noon



# 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 18, 2023**

**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 to wear a mask and 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

HICAP is a program of the Valley Caregiver Resource Center and we would like to invite you to participate in the following fundraising opportunity:

We welcome interested parties to contact Executive



*Valley Caregiver Resource  
Center's Annual Golf  
Fundraiser coming in  
April 2023*

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](mailto: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** □

**Maria, Laura, Jean, Sujey, Gyan, Wayne C.,  
Wayne M., Linda, and Jennifer**



**For program updates and more  
information, please visit our website:  
<https://valleycrc.org/hicap-program/>**

**Contact Information: HICAP Program Manager, Jennifer Webb**

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

**Email: [jwebb@valleycrc.org](mailto:jwebb@valleycrc.org)**

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

**HICAP is a part of the National State Health Insurance Program (SHIP)  
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Supported by:





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

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