

HICAP Monthly Newsletter

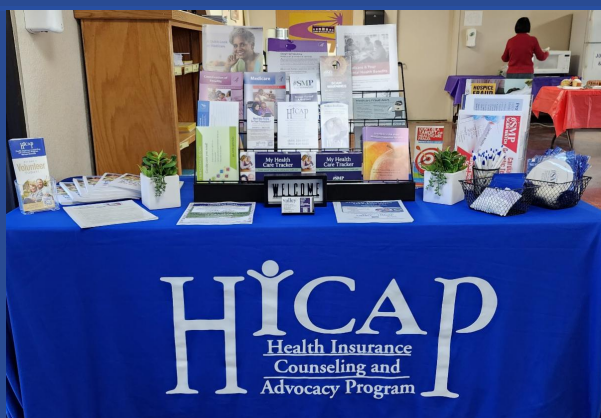
May Issue 2024

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

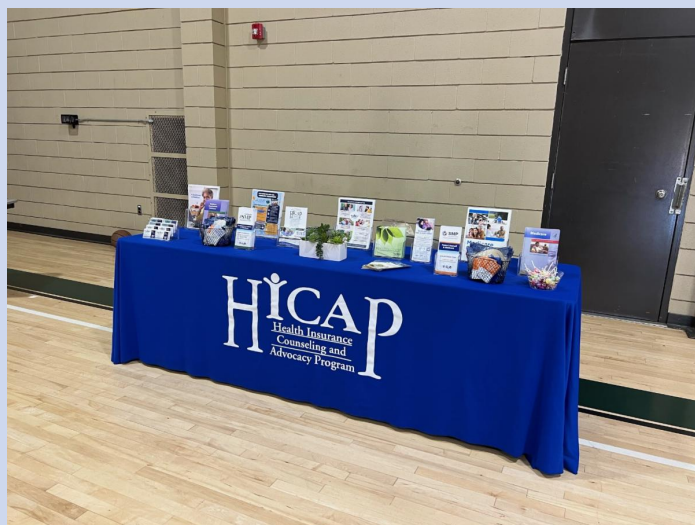


A program of

valley
CAREGIVER
RESOURCE CENTER

[Visit our Website](#)

Outreach Events



Thank you to City of Fresno PARCS Senior Program for inviting HICAP to the Senior Spring Resource Fair on May 10th at the Ted C. Wills Community Center!

Special Update: HICAP is returning to the Clovis Senior

HICAP SPOTLIGHT:

Gyan Shanker



**Registered HICAP Counselor
since 2021**



Gyan will be at the Clovis Senior Activity Center on Wednesday afternoons and taking two appointments per week, as well as walk-ins when time is available.

Whether you are new to Medicare, currently on Medicare, or a victim of Medicare fraud, the Health Insurance Counseling and Advocacy Program (HICAP) can help! Fresno and Madera HICAP is a State Health Insurance Program that provides free, confidential, and unbiased one-on-one counseling services for Medicare beneficiaries of all ages.

Contact the Clovis Senior Activity Center at 559-324- 2750 to reserve your spot.

Appointment Time: 1:30pm—2:30pm or 3:00pm—4:00pm

Walk-Ins: 4:00pm—5:00pm

HICAP Social Media



HICAP would like to encourage our Beneficiaries and Community Partners to follow us on social media. Below are HICAP's May posts in case you missed them!

MES NACIONAL DE LA PRESIÓN ARTERIAL




¡Ojo!


¿Ocupa ayuda para pagar sus recetas de la presión arterial?


¡Llámanos!


HICAP
Programa de
Asesoramiento y Defensa
de Seguros de Salud

Servicios gratuitos para beneficiarios de Medicare

 (559)-224-9117

 Lunes - Viernes
8AM - 5PM

 valleycrc.org

 5363 N. Fresno St.
Fresno, CA 93710

Medicare Parte B cubre:

Pruebas de laboratorio de glucosa en sangre (azúcar en sangre) para detectar diabetes si tiene presión arterial alta (hipertensión) como factor de riesgo.

Para mantenerse saludable:

- Revise sus medicamentos
- Rutina de chequear su presión, peso y altura
- Revise su historia médica y familiar
- Mantenga un estilo de vida saludable



This project was supported, in part by grant number 925ARG0004-05, 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. HICAP operates with financial assistance and support from the Fresno-Madera Area Agency on Aging. Este proyecto fue apoyado, en parte, por la subvención número 925ARG0004-05, de la Administración para la Vida Comunitaria de los EE. UU., al Departamento de Salud y Servicios Humanos, Washington, D.C. 20201. Se alienta a los beneficiarios que emprenden proyectos bajo el patrocinio del gobierno a expresar libremente sus hallazgos y conclusiones. Por lo tanto, los puntos de vista o opiniones no representan necesariamente la política oficial de la Administración de Vida Comunitaria. HICAP opera con asistencia financiera y apoyo de la Agencia de Envejecimiento del Área de Fresno-Madera.

Being Mindful of Mental Health

As a Medicare Beneficiary

Medicare Part A (Hospital Insurance)

covers mental health care services you get when you're admitted as a hospital patient.

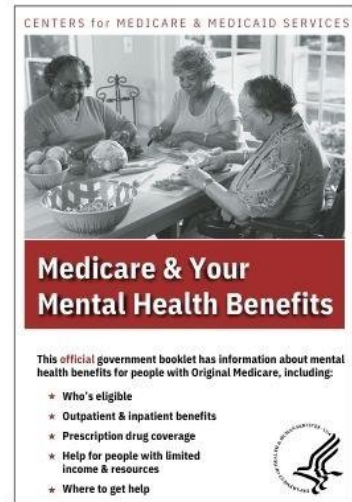
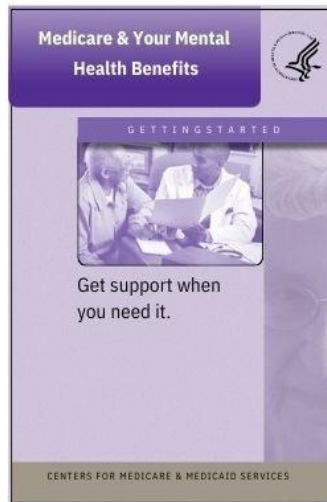
Medicare Part B (Medical Insurance)

covers the services you get from a doctor or other health care provider while you're in the hospital.

Part B also covers visits with these types of health professionals:

- Psychiatrists or other doctors
- Clinical psychologists
- Clinical social workers
- Clinical nurse specialists
- Nurse practitioners
- Physician assistants
- Marriage & family therapists
- Mental health counselors

Ask a HICAP Counselor for these helpful resources from our library!



Free Service to Medicare Beneficiaries

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 valleycrc.org

Monday - Friday
8AM - 5PM

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Fresno, CA 93710



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ATTN: MEDICARE BENEFICIARIES



BEWARE OF GENETIC TESTING SCAMS



Strangers who claim to be medical professionals are offering "free" genetic testing to detect cancers, and links to other genetic/hereditary diseases in order to steal your medical identity and falsely bill Medicare.





Senior Medicare Patrol
Preventing Medicare Fraud

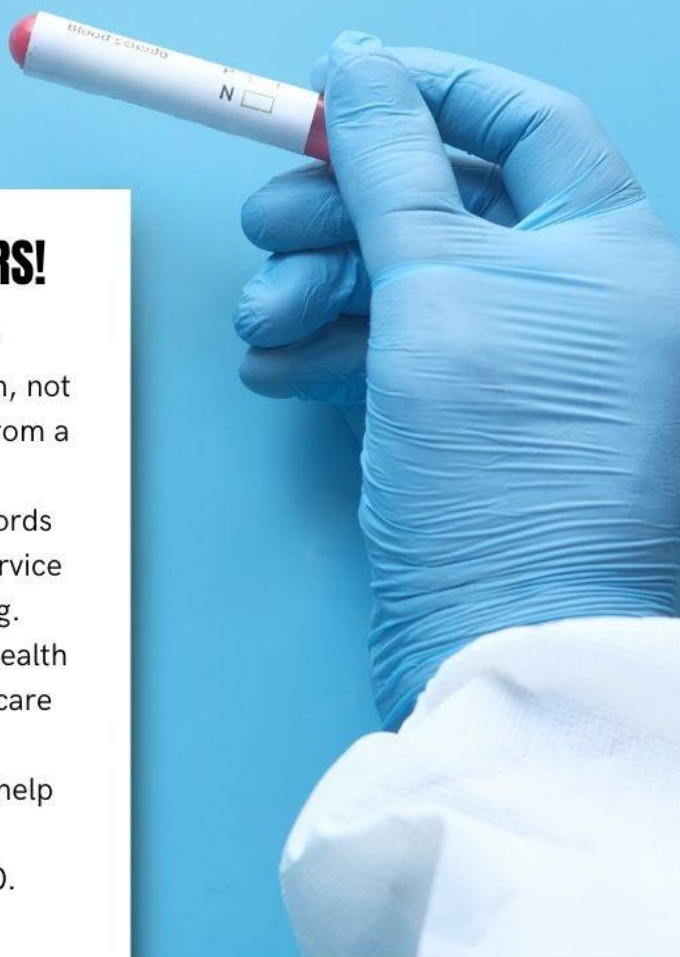


Free Service to Medicare Beneficiaries

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 valleycsrc.org

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PROTECT YOURSELF FROM SCAMMERS!

Follow these tips to avoid Medicare Fraud...

- Go to your own doctor to assess your condition, not a doctor on the phone that you've never met from a company you don't know.
- Always read your Medicare statements. The words "gene analysis" or "molecular pathology" as service codes may indicate questionable genetic testing.
- Be suspicious of anyone who calls requesting health care information or confirmation of your Medicare number.
- Contact your Fresno-Madera HICAP/SMP for help at 559-224-9117. For neighboring counties, contact the California SMP at 1-855-613-7080.



SHIP
State Health Insurance
Assistance Program



SMP
Senior Medicare Patrol
Preventing Medicare Fraud



A program of
valley
CAREGIVER
RESOURCE CENTER

This project was supported, in part by grant number 905A06004-05, 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. HICAP operates with financial assistance and support from the Fresno-Madera Area Agency on Aging. Este proyecto fue apoyado, en parte, por la subvención número 905A06004-05, de la Administración para la Vida Comunitaria de los E.U., el Departamento de Salud y Servicios Humanos, Washington, D.C. 20201. Se alienta a los beneficiarios que emprenden proyectos bajo el patrocinio del gobierno a expresar libremente sus hallazgos y conclusiones. Por lo tanto, los puntos de vista u opiniones no representan necesariamente la política oficial de la Administración de Vida Comunitaria. HICAP opera con asistencia financiera y apoyo de la Agencia de Envejecimiento del Área de Fresno-Madera.

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 on all things **Medi-Cal, CalFresh, and CalWorks.**

as a MEDICARE BENEFICIARY

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



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 information: Social Security Award letter, pay stubs, 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.

138% of the federal poverty
level (FPL) is what will be used
to determine whether you
qualify for Medi-Cal.

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



**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.



Join us in celebrating Medicare Fraud Prevention Week in June!



SUPPORTED BY GRANT # 90MPRC0002 FROM ACL



SMP
Senior Medicare Patrol

6/3-6/9

**MEDICARE FRAUD
PREVENTION WEEK!**



Find your local SMP:

Prevent Medicare Fraud

The Senior Medicare Patrol (SMP) program empowers and assists Medicare beneficiaries to prevent health care fraud, errors, and abuse. We serve beneficiaries of all ages, their family members, and caregivers. Whether you have questions about how to prevent fraud or you need assistance determining if it has occurred, SMP can help you to protect yourself and your loved ones.



Medicare loses an estimated \$60 billion each year due to fraud, errors, and abuse. Every day, these issues affect people across the country and can lead to identity theft and cost you money.

You can learn to **prevent, detect, and report** Medicare fraud, errors, and abuse by contacting SMP. SMP is a national program with offices in every state, Washington, D.C., Puerto Rico, Guam, and the U.S. Virgin Islands. When you contact your local SMP, trained team members will answer your questions and share useful tips to help you prevent problems before they happen. You can also contact SMP if you think fraud, errors, or abuse have already occurred. We will provide confidential support to address your concerns. We can also help report and refer issues to the appropriate state and federal agencies for further assistance.

Look out for:

- ◆ Billing for services or medical supplies that were not provided.
- ◆ Misrepresenting a diagnosis, your identity, or other facts to bill Medicare.
- ◆ Prescribing or providing excessive or unnecessary tests and services.
- ◆ Billing out of pocket for services covered by Medicare.



Tips to prevent, detect, and report

- ◆ Only share your Medicare or Social Security number with those you trust.
- ◆ Only carry your Medicare card when you need it.
- ◆ Keep a record of all your medical visits and procedures.
- ◆ Review your Medicare statements for mistakes like charges you don't recognize or duplicate billing.
- ◆ Call your health care provider, Medicare, or your local SMP if you see something suspicious.

Prevent. Detect. Report.



SMP is a national program of the Administration for Community Living, an operating division of the U.S. Department of Health and Human Services. Learn more at ACL.gov.

We are always here to help and share our services!

Best Wishes, from the Fresno/Madera HICAP Team

Lorena, Laura, Jean, 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 Program Manager, Lorena Perez

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

Email: Lperez@valleycrc.org

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 US

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