

# HICAP Monthly Newsletter

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January 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

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HAPPY  
*New Year!*

FROM

**HICAP**  
Health Insurance  
Counseling and  
Advocacy Program

*Free Service to Medicare Beneficiaries*

A program of  
**valley**  
CAREGIVER  
RESOURCE CENTER

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Take a Look Back at January's HICAP Adventures!

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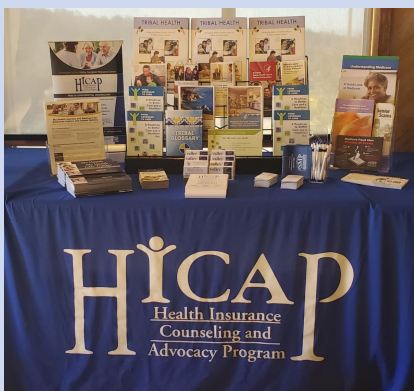


**Keiser Sports Wellness Fair 01/17/2024**



**California Armenian Home 01/19/2024**

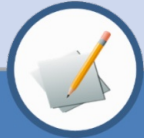
If you are interested in scheduling a HICAP presentation please contact us at (559) 224-9117.



**Fresno City College Spring Volunteer Fair 01/23/2024**

## Medicare Advantage Open Enrollment & General

Enrollment Period



## General Enrollment Period

January 1 through March 31

Available Programs:



PART A



PART B

## 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.

### 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.

Have questions?  
Let us know!



## 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.



Free Service to Medicare Beneficiaries

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

### Upcoming February Events

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

#### **Palm Village Retirement Community**

When: Tuesday, 02/06/24  
Time: 10AM

#### **Medi-Cal Application Assistance Day**

When: Wednesday, 02/14/24  
Time: All Day (Appointment Required)

#### **Poverello House**

When: Wednesday, 02/20/24  
Time: 9AM

## HICAP Social Media



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 HICAP's January posts in case you missed them.....



# MEDICARE HEALTH INSURANCE

**JANUARY 1  
TO  
MARCH 31**



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

# General Enrollment Period

**THIS IS THE 3-MONTH PERIOD EACH YEAR DURING WHICH YOU CAN ENROLL/JOIN:**



**Part A (Hospital)**



**Part B (Medical)**



*Contact a HICAP Registered Counselor to learn more about this enrollment period.*

**Be sure to keep up with us on all our platforms!**



This project was supported, in part by grant number 90549002-02-01 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 necessarily represent official Administration for Community Living policy. HICAP team also with financial assistance and support from the Fresno-Madera Area Agency on Aging. Este proyecto fue apoyado, en parte, por la Administración Federal de Servicios Comunitarios, Washington, D.C. 20201. Los puntos de vista o conclusiones que expresen los proyectos bajo el patrocinio del gobierno o auspicio financiero, sus hallazgos o conclusiones. Por lo tanto, los puntos de vista o conclusiones no representan necesariamente el punto de vista de la Administración de los Servicios Comunitarios HICAP opero con asistencia financiera y apoyo de la Agencia de Bienestar de la Área de Fresno-Madera.



# MEDICARE HEALTH INSURANCE

## MEDICARE ADVANTAGE

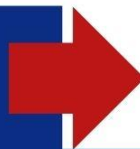
# Open Enrollment

**THIS IS THE 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**

**Contact HICAP for free, confidential, unbiased assistance as you explore your Medicare options.**



**JANUARY 1  
TO  
MARCH 31**



*Free Service to Medicare Beneficiaries*

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



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**IT'S BACK!**





**SMP**  
Senior Medicare Patrol  
Empowering Seniors To  
Prevent Healthcare Fraud

**IT'S BACK!**

**DRIVE THRU  
SHREDDING EVENT  
FOR SENIORS & CAREGIVERS**

**THIS IS A FREE EVENT!**  
**Saturday, March 9, 2024**  
**10 AM – 12 PM**

**A MOBILE SHREDDING COMPANY WILL IMMEDIATELY SHRED  
YOUR PERSONAL DOCUMENTS**



**BANK  
STATEMENTS**



**TAX  
RETURNS**



**MEDICARE  
DOCUMENTS**



**OLD  
BILLS**

**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**



**SHIP**  
State Health Insurance  
Assistance Program



Supported by  
**California  
Department  
of AGING**



A program of  
**valley  
CAREGIVER  
RESOURCE CENTER**



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**Scam Likely  
Mobile**



**SMP**

Senior Medicare Patrol  
Preventing Medicare Fraud

**Be on the  
look out  
for these  
red flags ▶  
during  
Medicare's  
Enrollment  
Periods**

**Contact your Fresno-Madera HICAP  
to prevent, detect, and report  
Medicare fraud**

**Unsolicited contact ▶**

Unsolicited phone calls, emails, text messages, social media messages or even people knocking on doors.

**Asking for personal information ▶**

Remember, Medicare & the Social Security Administration do not call you and ask you for your personal information, they already have it.

**Sense of urgency ▶**

Scammers will use fear of losing health coverage to manipulate their victims.



**SHIP**  
State Health Insurance  
Assistance Program



Supported by  
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of AGING**



A program of  
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CAREGIVER  
RESOURCE CENTER**



**HICAP**  
Health Insurance  
Counseling and  
Assistance Program  
Prevention of Medicare Fraud

**(559) 224-9117 • (800) 434-0222**

**Monday - Friday • 8AM - 5PM**

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

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**Important HICAP Announcement!**



## Our website has launched!

Please visit our webpage at the Valley Caregiver Resource Center website for more information about your Fresno and Madera HICAP, at [valleycrc.org](http://valleycrc.org).

## 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 **CalWorks**.



APPLYING FOR MEDI-CAL *as a*





# 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 9, 2024**  
**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 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

[Additional information and resources](#)

**Hello**



# Hello Medicare, is that really you?

Medicare will be conducting their Beneficiary Survey via phone due to the COVID-19 pandemic. If you are chosen for the survey, you will receive a letter to schedule a phone interview and alert you that NORC, a company working with Medicare, will be calling you.

Be aware that scammers often pretend to be from Medicare to steal your information. **Don't give your personal information over the phone unless you can verify the caller.**



Senior Medicare Patrol

Preventing Medicare Fraud

**1.877.808.2468**

SUPPORTED BY GRANT # 90MPC0002 FROM ACL

If you get a call and aren't sure it is legitimate, contact the Medicare surveyors (NORC) at 1-877-389-3429 to make sure it was really them calling.



# ON THE MSN:

## Remote Patient Monitoring

May 9, 2020

Lincare Inc., (555) 555-1234

PO BOX 996, Blue Springs, MO 64013-0996

Ordered by John K Whalen

Quantity, Item/Service Provided & Billing Code	Item/Service Approved?
--	------------------------

Remote monitoring of physiologic parameters (MSN codes 99453, 99454, 99457, and 99458)	Yes <b>5</b>
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Claim #10334829489000

Check your Medicare statements for "remote monitoring" services.

Look for these billing codes:  
99453, 99454, 99457, and 99458.



SMPRESOURCE.ORG



877.808.2468

SUPPORTED BY GRANT # 90MPC0002 FROM ACL

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

**\$200**  
GREEN FEE

GREEN FEE



**Dragonfly Golf Club**  
 43369 Ave 12  
 Madera, CA 93636  
 1 PM – Tee Off

Deadline to Register April 10, 2024

**Title Sponsor: \$5,000**  
**Registration Sponsor: \$1,800**  
**Gold Sponsor: \$1,200**  
**Tee Sponsor: \$225**

- **GREAT PRIZES**
- **FOOD**
- **AWARDS**

**ADD A SUPER TICKET FOR \$30**  
 (1) 50/50 Ticket  
 (2) Mulligans  
 (25) Raffle Prize Tickets

**ALL PLAYERS WILL RECEIVE:**  
 Range Balls with Cart  
 Closest to the Pin Contest  
 Long Drive Contest  
 Goodie Bag  
 Team Photo  
 Beverages & Meals

Valley Caregivers Resource Center offers a comprehensive array of services designed to assist elders and their families in mastering the challenges that accompany the aging process. As long-standing advocates and collaborators in preserving the health and quality of life of others, our aim is to promote personal & community well-being.



We welcome interested parties to contact Executive 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** □  
Laura, Jean, Sujey, Jessenia, Gyan, Wayne C.,  
Linda, and Debra

**For program updates and more information, please visit our  
website:**

**<https://www.valleycrc.org/hicap>**

**Contact Information:**

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

**Email: [mdibuduo@valleycrc.org](mailto:mdibuduo@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.**

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