



Get **FREE**, unbiased help with your Medicare.

With all the insurance mailings you'll receive about Medicare, it's important to know where to go for free and unbiased information. The Maryland State Health Insurance Assistance Program (SHIP) can help you understand Medicare eligibility, options, costs, and enrollment.

Save money! See if you qualify for programs that can help cover your Medicare premiums, deductibles, and copayments.

Take **advantage of Medicare's preventive benefits**, including the Welcome to Medicare Visit!



SHIP

State Health Insurance Assistance Program

Navigating Medicare

We are here to help.



Online Resources:

www.SHIPHelp.org

www.CharlesCountyMD.gov/services/aging-and-senior-services



SHIP phone assistance available by calling:

Aging & Senior Services: 301-934-0118

Clark Senior Center: 301-609-5712

Waldorf Senior Center: 240-448-2816

