



On Medicare?

Here is a **“TO DO List”** that will help.

- Contact Social Security and update your mailing address. Call 1-800-772-1213 or create an account at ssa.gov/myaccount.
- Contact your prescription insurance company and give them your new address and moving date. Ask how this will impact your coverage or if coverage will terminate. You have 2 months to change plans.
- Contact your Medicare Supplement or Medicare Advantage Plan and give them your new address and moving date. Ask how this will impact your coverage or if your coverage will terminate.
- Contact ALL current insurance companies and update your address. This includes car, homeowner's, etc. Ask how this will impact your coverage or if your coverage will terminate.
- Contact the post office and file a change of address form.
- Ask your medical providers for a referral to providers in your new area or access provider information at www.medicare.gov/physiciancompare
- Ask your medical providers for copies of your medical records.
- Contact providers in your new service area.
 - Confirm that they take Medicare (with or without assignment.)
 - Ask exactly what they will need for your first appointment.
- Call 1-800-MEDICARE to get a phone number for your new state's equivalent to the Alaska State Health Insurance Assistance Program (SHIP). It may be known as SHIBA, SHINE or HICAP. These are the people who understand the nuances of how Medicare works in your state. Or go to www.shiptacenter.org and use the **drop box menu**.
- Contact the SHIP office in your new area to request that they assist you with Medicare options or other assistance programs in your new area.

Medicare Information Office

