

# Navigating Key Health Programs

## Medicare

This federal health insurance program is available to those who are 65 years or older and, in some cases, those younger with disabilities. If you receive Social Security you are automatically enrolled in Medicare Parts A and B.

### Types of coverage:

**Hospital – Medicare Part A** – this helps pay toward inpatient care at a hospital or skilled nursing facility, nursing home care and some home health and hospice care;

**Medical – Medicare Part B** – this helps cover medically necessary doctor’s services, outpatient care, durable medical equipment, mental health services and other medical services that are not covered by Part A;

**Medicare Advantage (Private) Plans** – Medicare Part C – Medicare Advantage Plans allow individuals to have Parts A and B managed under one umbrella and often provide extra care such as vision, hearing and dental. Many include prescription coverage (Part D)

**Prescription Drug – Medicare Part D** – This is only available when you join a separate Part D plan run by an insurance company (if you have Medicare Parts A and B coverage) or are enrolled in a Medicare Advantage plan that offers drug coverage.

**Open enrollment is Oct. 15-Dec. 7.**  
Visit [www.medicare.gov/plan-compare](http://www.medicare.gov/plan-compare)



## EPIC

The Elderly Pharmaceutical Insurance Coverage (EPIC) program is a \$93.2 million program to assist seniors with out-of-pocket medication costs. To be eligible, you must: be a NYS resident; have an annual income of less than \$75,000 if single or \$100,000 if married; be enrolled or eligible to enroll in Medicare Part D; and not be receiving full Medicaid benefits. For more details, visit: [https://www.health.ny.gov/health\\_care/epic/index.htm](https://www.health.ny.gov/health_care/epic/index.htm) or call 1-800-332-3742 (TTY: 1-800-290-9138).



## Medicaid

Medicaid is available for those who cannot afford to pay for medical care and it is still available to those who are 65 or older. It could potentially cover the cost of Medicare Part B or other private health insurance programs. Medicaid is administered by your local county. Please call your local department of social services for more assistance.

# Important Numbers to Keep

## Oswego County

Office for the Aging & NY Connects  
315-349-3484

Health Department  
315-349-3545

Mobility Management  
315-746-4220

Oswego County Opportunities Meals-On-Wheels  
315-598-4712

Jefferson County Office for the Aging  
315-785-3191

Public Health Services  
315-786-3770

Senior Nutrition Program  
315-785-3191

Cayuga County Cayuga County Office for the Aging  
315-253-1226

Cayuga County Health Department  
315-253-1560

Cayuga County Senior Nutrition Program  
315-253-1550

New York State The Official Health Plan Marketplace  
1-855-355-5777

Health Care Fraud Hotline (Inspector General)  
1-877-873-7283

Department of Veterans' Services  
1-888-838-7697

## U.S. Government Agencies

Federal Information Center (for all locations)  
1-800-333-4636

Internal Revenue Service – Information Line  
1-800-829-1040  
TTY: 1-800-829-4059

Social Security Administration Hotline  
1-800-772-1213  
TTY: 1-800-325-0778

Medicare and Medicaid Services Hotline  
1-800-633-4227  
TTY: 1-877-486-2048

## Toll-Free Helplines & Other Important Numbers

Alzheimer's Association Helpline  
1-800-272-3900

American Diabetes Association  
1-800-342-2383

American Heart and Stroke Association  
1-800-242-8721

American Lung Association Helpline  
1-800-548-8252

National Cancer Institute  
1-800-422-6237

National Hospice Organization  
1-800-658-8898



# Here are some programs to keep you moving and healthy!



NY Residents 62+ on any weekday (except holidays) can have free vehicle access to most state parks, boat launch sites and arboreturns and reduced fees to state historic sites and state-operated golf courses. For full details on the program and excluded locations, visit: [parks.ny.gov/admission/golden-park-program.aspx](https://parks.ny.gov/admission/golden-park-program.aspx).

## Golden Park Program



## Retired and Senior Volunteer Program (RSVP)



is a program offering opportunities for 55+ year-olds to volunteer, which helps meet critical needs in our community in everything from volunteering in food pantries to environmental stewardship. Oswego RSVP: 315-312-2317



## It's Time for You to Enjoy Your Retirement You've earned it

A Legislative Update and Resource Guide for **New York Retirees**



New York State Assembly  
Albany, NY 12248

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You've worked hard for your retirement. Everyone makes plans for the time they will spend with family and friends, taking trips to warm places or visiting historic sites, recreating and enjoying the time they now have. There is much to plan for, including your health. Enclosed are some brief explanations of health coverage and important contacts to help get you started.

Best wishes,

*Will Barclay*

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As with everything, my staff and I are here to assist you. Just call 315-598-5185 or email [barclayw@nyassembly.gov](mailto:barclayw@nyassembly.gov). We are happy to help.