



Medicare: An Overview and Update for 2023

November 10, 2022

ONLINE RESOURCES

These online resources were referenced in our webinar and/or supplement the information provided. All of the links are active. If you are viewing this on your computer, simply click on the link to go directly to the resource. (With some computers, it's necessary to download this document to the desktop before accessing the links.)

HICAP (Health Insurance Counseling & Advocacy Program)

HICAP agencies in each county are run by the California Department on Aging. To find the HICAP office for each county, go to: <https://cahealthadvocates.org/hicap/>

"HICAP provides free and unbiased community education, individual counseling, and advocacy to Medicare beneficiaries about Medicare, Supplemental Insurance, Prescription Drugs and Medicare Advantage plans, Long Term Care Insurance, Medicare Appeals, and Low-Income Assistance programs. HICAP is a volunteer supported program that helps Medicare beneficiaries of any age make informed choices and provides advocacy when their health care benefits and rights are threatened or denied. HICAP does not sell, endorse, or recommend any specific insurance product or plan." www.lashicap.org

ALAMEDA COUNTY www.lashicap.org

• **Legal Assistance for Seniors/Health Insurance Counseling and Advocacy Program**

To request a counseling appointment for Alameda County residents, [click here](#).

CONTRA COSTA COUNTY <https://cchicap.org/>

• **Contra Costa County Health Insurance Counseling and Advocacy Program**

To request a counseling appointment for Contra Costa residents, [click here](#).

Legal Assistance for Seniors (No or low-cost)

Alameda County -- Legal Assistance for Seniors/Health Insurance Counseling and Advocacy Program:
<https://www.lashicap.org/programs/legal/#health-law>

Contra Costa County -- Senior Legal Services: <https://www.ccsls.org/>

All other counties in CA: http://www.canhr.org/LRS/legal_services_by_county.htm

Note: Costs for Medicare plans are based on county of residence

[Medicare Advantage Plan \(HMO\) Comparison Chart for Alameda County- 2023](#)

[Medicare Advantage Plan \(PPO\) Comparison Chart for Alameda County - 2023](#)

[Part D Stand-Alone Prescription Drug Plans for Alameda County - 2023](#)

[Medicare Advantage Plan Comparison Chart for Contra Costa County –2023](#)

[Part D Prescription Drug Plans for Contra Costa County - 2023](#)

PLANNING AND PAYING for LONG TERM CARE

(In California, Medi-Cal is a combined federal and state funded public assistance program for low-income individuals. In other states, these same programs are called Medicaid.)

Medi-Cal Eligibility Booklet

California Advocates for Nursing Home Reform

http://www.canhr.org/publications/PDFs/MEB_Eng.pdf

Overview of Medi-Cal for Long Term Care

California Advocates for Nursing Home Reform

http://www.canhr.org/factsheets/medi-cal_fs/PDFs/FS_Overview_Medi-Cal_LTC.pdf

Paying for Long Term Care

National Institutes of Health/National Institute on Aging

<https://www.nia.nih.gov/health/paying-care>

Planning for Long Term Care

California Advocates for Nursing Home Reform

http://www.canhr.org/factsheets/legal_fs/PDFs/FS_Planning_for_LTC.pdf