

Additional Resources

Information Sources to Select a Plan

There are a number of useful information sources that can help you learn more about Medicare, compare the plans serving your area, and make choices that work best for you.

The Medicare & You Handbook

The official Medicare handbook is mailed to all people on Medicare each year. The handbook contains a summary of Medicare benefits and cost-sharing requirements, coverage options, and answers to frequently asked questions about Medicare. The handbook is also available online at www.medicare.gov/publications/pubs/pdf/10050.pdf.



Medicare.gov, the Official Medicare Website

Medicare.gov is the official Medicare website, and contains general and detailed information about Medicare, including information about benefits covered, limits, and costs. Medicare.gov also has tools to compare drug and health plans in your area.

To compare plans or find out more information about a particular drug coverage option, you can visit Medicare's Plan Finder website at www.medicare.gov. The website offers detailed information on monthly premium amounts and the deductible. For drug plans, it also lists what drugs are covered under the plan and how much you pay for each individual drug.

The Medicare Plan Finder can be used in various ways:

- You can enter your zip code and what type of plan you are interested in, and the tool shows you a list of all of the plans in your area. From there, you can research the individual plan's features, or
- For drug plans, you can narrow your search by entering your list of drugs and/or your preferences for the amount you would pay for the premium and deductible, whether the plan offers mail order, and what pharmacy you prefer.

Either way you navigate the site, you will be able to get contact information for the plans and even sign up for most plans through www.medicare.gov.

To compare different Medigap policies that are offered in your area, you can visit Medicare's Medigap Policy Finder website at www.medicare.gov. Similar to the Medicare Plan Finder, the Medigap Policy Finder offers information on plans available in your area. For this plan finder, you can enter your zip code and health status, select the benefit structure and plan type that you are interested in, and view the companies that sell Medigap policies in your area.

1-800-MEDICARE, the Official Medicare Hotline

The Medicare program operates a toll-free hotline, 1-800-MEDICARE (1-800-633-4227) to answer your questions 24 hours a day, including weekends. If you do not have internet access to use the Medicare Plan Finder or the Medigap Policy Finder on the Medicare website, you may call 1-800-MEDICARE for similar information.

State Health Insurance Assistance Programs

You can also get help in understanding your Medicare options and finding the best plan for you by calling your State Health Insurance Assistance Program (SHIP). Phone numbers and websites for the SHIP in your state are listed in the table below. SHIPs offer local health insurance counseling at no charge. Your state SHIP will be able to help you find the coverage options that are best for you, and address any concerns about your Medicare rights, billing problems, or answer your other Medicare-related questions.

Community Organizations

Other community-based groups may hold Medicare information sessions at local senior centers, libraries, government centers or other community areas. Some events may be sponsored by companies offering plans in your area or brokers that sell policies for plans. Make sure to find out who is sponsoring any event you are interested in attending, so you can know who is presenting the information, whether it is educational or marketing information, and whether it covers all plans available in your area, or only those offered by a specific company.

State	State Insurance Department		State Health Insurance Assistance Program		State Medicaid Agencies		
	Name	Phone #	Local Phone #	National Phone #	Name	Phone #	Website
Alabama	Department of Insurance	1-800-433-3966	1-800-243-5463	1-800-243-5463	Alabama Medicaid Agency	800-362-1504 or 334-242-5000	http://www.medicaid.alabama.gov/
Alaska	Department of Commerce, Community, and Economic Development: Division of Insurance	1-800-467-8725	1-800-478-6065	1-907-269-3680	Department of Health and Human Services, Division of Health Care Services	907-269-3680	http://www.hss.state.ak.us/dhcs/
Arizona	Department of Insurance	1-800-325-2548	1-800-432-4040	1-800-432-4040	Arizona Health Care Cost Containment System (AHCCCS), Arizona's Medicaid Agency	602-417-5010	http://www.azahcccs.gov/
Arkansas	Insurance Department	1-800-224-6330	1-800-224-6330	1-800-224-6330	Arkansas Medicaid	800-482-5431 or 501-376-2211	https://www.medicaid.state.ar.us/
California	Department of Insurance	1-800-927-4357	1-800-434-0222	1-800-434-0222	Department of Health Care Services	916-445-4171	http://www.dhs.ca.gov/
Colorado	Department of Regulatory Agencies: Division of Insurance	1-800-930-3745	1-888-696-7213	1-888-696-7213	Department of Health Care Policy and Financing	800-221-3943 or 303-866-3513	http://www.colorado.gov/cs/Satellite/HCPF/HCPF/1197364086675
Connecticut	Insurance Department	1-800-203-3447	1-800-994-9422	1-860-424-5245	Department of Social Services, Medicaid	800-842-1508 or 860-424-4908	http://www.ct.gov/dss/site/default.asp
Delaware	Insurance Department	1-800-282-8611	1-800-336-9500	1-302-674-7364	Division of Medicaid and Medical Assistance	302-255-9500	http://www.dhss.delaware.gov/dhss/dmma/index.html
District of Columbia	Department of Insurance, Securities, and Banking	1-202-727-8000	1-202-739-0668	1-202-739-0668	Department of Health	202-442-5988	http://doh.dc.gov/doh/site/default.asp
Florida	Florida Office of Insurance Regulation	1-877-693-5236	1-800-963-5337	1-800-963-5337	Agency for Health Care Administration, Florida Medicaid	888-419-3456	http://www.fdhc.state.fl.us/Medicaid/index.shtml
Georgia	Office of Insurance and Safety Fire Commissioner	1-800-656-2298	1-800-669-8387	1-800-669-8387	Department of Community Health	404-656-4507	http://dch.georgia.gov/02/dch/home/0246731446711.00.html
Hawaii	Department of Commerce and Consumer Affairs, Insurance	1-808-586-2790	1-888-875-9229	1-888-875-9229	Department of Human Services, Med-Quest Division (MQD)	808-586-4997	http://hawaii.gov/dhs/

State	Social Security Office Website	State Pharmacy Assistance Programs			Long-Term Care Ombudsman	
		Name	Phone #	Website		
Alabama	http://www.ssa.gov/atlanta/southeast/al/alabama.htm	SeniorRx/Wellness	800-243-5463	http://www.alabamaageline.gov/seniorrx.cfm	Department of Senior Services	877-425-2243
Alaska	http://www.ssa.gov/seattle/index.htm	Senior Benefits Program	877-625-2372	http://seniorbenefits.alaska.gov/	Office of Long-Term Care Ombudsman	800-730-6393 or 907-334-4480
Arizona	http://www.ssa.gov/sf/				Department of Economic Security	602-542-6454
Arkansas	http://www.ssa.gov/dallas/state_ar.html				Department of Human Services, Division of Aging and Adult Services	501-682-8952
California	http://www.ssa.gov/sf/	Prescription Drug Discount Program	916-445-4171	http://www.dhcs.ca.gov/individuals/Pages/PresDrgDisPrgmMedRcpts.aspx	Department of Aging	800-231-4024
Colorado	http://www.ssa.gov/denver/				The Legal Center, Department of Human Services: Aging and Adult Services Division	800-288-1376
Connecticut	http://www.ssa.gov/boston/CT.htm	ConnPACE	800-423-5026	http://www.connpace.com/	Department of Social Services	860-424-5200
Delaware	http://www.ssa.gov/phila/states/delaware.htm	Prescription Assistance Program	800-996-9969	http://dhss.delaware.gov/dhss/dmma/dpap.html	Health and Social Services, Office of the Secretary	800-223-9074 or 302-424-7310
District of Columbia	http://www.ssa.gov/phila/states/districtofcolumbia.htm	DC Healthcare Alliance	202-724-5506	http://dhs.dc.gov/dhs/cwp/view,a,3,q,638613.asp	Department of Human Services	202-434-2140
Florida	http://www.ssa.gov/atlanta/southeast/fl/florida.htm	Florida Discount Drug Card Program	866-341-8894	http://www.floridadiscountdrugcard.com/	Department of Elder Affairs	888-831-0404 or 850-414-2323
Georgia	http://www.ssa.gov/atlanta/southeast/ga/georgia.htm				Department of Human Services, Division of Aging Services (DAS)	888-454-5826
Hawaii	http://www.ssa.gov/sf/	Quest Hawaii	866-378-9769 or 808-692-7999	http://www.med-quest.us/eligibility/EligPrograms.html	Executive Office on Aging	808-586-0100

State	State Insurance Department		State Health Insurance Assistance Program		State Medicaid Agencies		
	Name	Phone #	Local Phone #	National Phone #	Name	Phone #	Website
Idaho	Department of Insurance	1-800-721-3272	1-800-247-4422	1-800-247-4422	Department of Health and Welfare, Idaho Medicaid Program	208-334-5747	http://www.healthandwelfare.idaho.gov/
Illinois	Department of Insurance	1-866-445-5364	1-800-548-9034	1-217-785-9021	Department of Health Care and Family Services	217-782-2570	http://www2.illinois.gov/hfs/Pages/default.aspx
Indiana	Department of Insurance	1-800-622-4461	1-800-452-4800	1-800-452-4800	Family and Social Services Administration, Indiana Medicaid	317-713-9627	http://www.indianamedicaid.com/
Iowa	Insurance Division	1-877-955-1212	1-800-351-4664	1-515-281-5705	Department of Human Services, Iowa Medicaid Enterprise	800-338-8366 or 515-256-4606	http://www.ime.state.ia.us/index.html
Kansas	Insurance Commissioner	1-800-432-2484	1-800-860-5260	1-316-337-7386	Department of Health and Environment, Medicaid and HealthWave Division	785-296-3981	http://www.kdheks.gov/hcf/
Kentucky	Department of Insurance	1-800-595-6053	1-877-293-7447	1-502-564-6930	Department for Medicaid Services	502-564-4321	http://chfs.ky.gov/dms/services.htm
Louisiana	Department of Insurance	1-800-259-5300	1-800-259-5301	1-225-342-5301	Department of Health and Hospitals, Louisiana Medicaid	504-342-9500	http://new.dhh.louisiana.gov/index.cfm/subhome/1/n/10
Maine	Bureau of Insurance	1-800-300-5000	1-877-353-3771	1-207-621-0087	Department of Health and Human Services, Office of MaineCare Services	207-287-2674	http://maine.gov/dhhs/oms/
Maryland	Insurance Administration	1-800-492-6116	1-800-243-3425	1-410-767-1100	Department of Health and Mental Hygiene, Medical Programs	800-492-5231 or 410-767-1432	http://www.dhmd.md.gov/mma/
Massachusetts	Consumer Affairs and Business Regulation, Division of Insurance	1-617-521-7794	1-800-243-4636	1-617-727-7750	Executive Office of Health and Human Services, MassHealth	800-841-2900 or 617-573-1770	http://www.mass.gov/portal/
Michigan	Department of Licensing and Regulatory Affairs, Office of Financial and Insurance Regulation	1-877-999-6442	1-800-803-7174	1-517-886-1242	Department of Community Health	800-642-3195 or 517-241-7882	http://www.michigan.gov/mdch/0,1607,7-132-2943_4860---,00.html

State	Social Security Office Website	State Pharmacy Assistance Programs			Long-Term Care Ombudsman	
		Name	Phone #	Website		
Idaho	http://www.ssa.gov/seattle/index.htm				Commission on Aging	208-334-3833
Illinois	http://www.ssa.gov/chicago/illinois.htm	Illinois CaresRx	800-252-8966	http://www.illinoiscaresrx.com/	Department on Aging	800-252-8966 or 217-785-3143
Indiana	http://www.ssa.gov/chicago/indiana.htm	Hoosier Rx	866-267-4679 or 317-234-1381	http://www.in.gov/fssa/ompp/2669.htm	Family Social Services Administration (FSSA)	800-622-4484
Iowa	http://www.ssa.gov/kc/index.htm				Department on Aging	515-725-3327
Kansas	http://www.ssa.gov/kc/index.htm				Department of Health and Environment	877-662-8362 or 785-296-3017
Kentucky	http://www.ssa.gov/atlanta/southeast/ky/kentucky.htm				Department for Aging and Independent Living	800-372-2991 or 502-564-6930
Louisiana	http://www.ssa.gov/dallas/state_la.html	SeniorRx	877-340-9100	http://www.louisianaseniorex.org/	Governor's Office of Elderly Affairs	866-632-0922 or 225-342-7100
Maine	http://www.ssa.gov/boston/ME.htm	Maine Rx Plus	866-796-2463	http://www.maine.gov/dhhs/mainerx/	Bureau of Elder and Adult Services	800-499-0229 or 207-621-1079
Maryland	http://www.ssa.gov/phila/states/maryland.htm	Senior Prescription Drug Assistance Program (SPDAP)	800-551-5995	http://marylandspdap.com/	Department of Aging	800-243-3425 or 410-767-1108
Massachusetts	http://www.ssa.gov/boston/MA.htm	Prescription Advantage	800-243-4636	http://www.mass.gov/elders/healthcare/prescription-advantage/prescription-advantage-overview.html	Executive Office of Elder Affairs	617-727-7750
Michigan	http://www.ssa.gov/chicago/michigan.htm	MiRx: Prescription Drug Discount Card	800-259-8016	http://www.mihealth.org/mirx/index.html	Offices of Services to the Aging	866-485-9393 or 517-335-0148

State	State Insurance Department		State Health Insurance Assistance Program		State Medicaid Agencies		
	Name	Phone #	Local Phone #	National Phone #	Name	Phone #	Website
Minnesota	Department of Commerce, Insurance	1-800-657-3602	1-800-333-2433	1-800-333-2433	Department of Human Services	800-657-3739 or 651-431-2670	http://www.dhs.state.mn.us/
Mississippi	Insurance Department	1-800-562-2957	1-800-948-3090	1-601-359-4956	Division of Medicaid	800-421-2408 or 601-359-6050	http://www.medicaid.ms.gov/
Missouri	Department of Insurance	1-800-726-7390	1-800-390-3330	1-573-817-8320	Department of Social Services, MO Healthnet Division	800-392-2161 or 573-751-3425	http://www.dss.mo.gov/mhd/
Montana	Commissioner of Securities and Insurance	1-800-332-6148	1-800-551-3191	1-406-444-2590	Department of Public Health & Human Services, Montana Medicaid	800-362-8312	http://www.dphhs.mt.gov/programs/services/medicaid.shtml
Nebraska	Department of Insurance	1-800-234-7119	1-800-234-7119	1-402-471-2201	Department of Health and Human Services	402-471-3121 or 402-471-9147	http://dhhs.ne.gov/Pages/default.aspx
Nevada	Division of Insurance	1-800-992-0900	1-800-307-4444	1-702-486-3478	Department of Health and Human Services, Division of Health Care Financing and Policy	775-684-3600	https://dhcfp.nv.gov/index.htm
New Hampshire	Insurance Department	1-800-852-3416	1-866-634-9412	1-866-634-9412	Department of Health and Human Services, NH Medicaid Program	603-271-4344	http://www.dhhs.nh.gov/ombp/medicaid/
New Jersey	Department of Banking and Insurance	1-800-446-7467	1-800-792-8820	1-877-222-3737	Department of Human Services, Division of Medical Assistance and Health Services	800-356-1561	http://www.state.nj.us/humanservices/
New Mexico	Public Regulation Commission: Insurance	1-800-947-4722	1-800-432-2080	1-505-476-4799	Human Services Department, Medical Assistance Division	888-997-2583 or 505-827-3100	http://www.hsd.state.nm.us/mad/index.html
New York	Department of Financial Services	1-800-342-3736	1-800-701-0501	1-800-701-0501	Department of Health	800-541-2831	http://www.health.ny.gov/health_care/medicaid/
North Carolina	Department of Insurance	1-800-546-5664	1-800-443-9354	1-919-807-6900	Department of Health and Human Services, Division of Medical Assistance	800-662-7030	http://www.ncdhhs.gov/dma/

State	Social Security Office Website	State Pharmacy Assistance Programs			Long-Term Care Ombudsman	
		Name	Phone #	Website		
Minnesota	http://www.ssa.gov/chicago/minnesota.htm	Minnesota Rx Connect	800-333-2433	http://www.state.mn.us/portal/mn/jsp/home.do?agency=Rx	Minnesota Board on Aging	800-333-2433 or 651-431-2555
Mississippi	http://www.ssa.gov/atlanta/southeast/ms/mississippi.htm				Department of Human Services, Division on Aging	800-345-6347 or 601-359-4929
Missouri	http://www.ssa.gov/kc/index.htm	Missouri Rx Plan	800-375-1406	http://morx.mo.gov/	Department of Health and Senior Services	800-309-3282
Montana	http://www.ssa.gov/denver/	Big Sky Rx Program	866-369-1233 or 406-444-1233	http://www.dphhs.mt.gov/prescriptiondrug/bigsky.shtml	Department of Health and Human Services	800-332-2272
Nebraska	http://www.ssa.gov/kc/index.htm				Department of Health and Human Services	800-942-7830 or 402-471-2307
Nevada	http://www.ssa.gov/sf/	Senior Rx	866-303-6323 or 775-687-4210	http://dhhs.nv.gov/SeniorRx.htm	Department of Health and Human Services, Aging and Disability Services Division	775-687-4210
New Hampshire	http://www.ssa.gov/boston/NH.htm				Department of Health and Human Services	800-442-5640 or 603-271-4375
New Jersey	http://www.ssa.gov/ny/services-fo.htm	Senior Gold Prescription Discount Program	800-792-9745	http://www.state.nj.us/health/seniorbenefits/seniorgold.shtml	Department of Health and Senior Services	877-582-6995 or 609-826-5090
New Mexico	http://www.ssa.gov/dallas/state_nm.html	Discount Prescription Drug Program	800-233-2576	http://www.nmrhca.state.nm.us/Home/DPDP/Details.aspx	Aging and Long-Term Services Department	505-476-4790
New York	http://www.ssa.gov/ny/services-fo.htm	Elderly Pharmaceutical Insurance Coverage (EPIC)	800-332-3742	http://www.health.ny.gov/health_care/epic/	Office for the Aging	800-342-9871
North Carolina	http://www.ssa.gov/atlanta/southeast/nc/north_carolina.htm				Department of Health and Human Services, Division of Aging and Adult Services	919-855-3433

State	State Insurance Department		State Health Insurance Assistance Program		State Medicaid Agencies		
	Name	Phone #	Local Phone #	National Phone #	Name	Phone #	Website
North Dakota	Insurance Department	1-800-247-0560	1-800-247-0560	1-701-328-2440	Department of Human Services	800-755-2604 or 701-328-2321	http://www.nd.gov/dhs/
Ohio	Department of Insurance	1-800-686-1526	1-800-686-1578	1-614-644-3458	Department of Job and Family Services, Ohio Medicaid	800-324-8680	http://jfs.ohio.gov/ohp/
Oklahoma	Insurance Department	1-800-522-0071	1-800-763-2828	1-405-521-6628	Oklahoma Health Care Authority, SoonerCare	800-987-7767	http://www.okhca.org/
Oregon	Department of Consumer and Business Services, Insurance Division	1-888-877-4894	1-800-722-4134	1-503-947-7979	Oregon Health Authority, Oregon Health Plan	800-527-5772 or 503-945-5772	http://www.oregon.gov/OHA/healthplan/index.shtml
Pennsylvania	Insurance Department	1-877-881-6388	1-800-783-7067	1-800-783-7067	Department of Public Welfare	800-692-7462	http://www.dpw.state.pa.us/
Rhode Island	Department of Business Regulation	1-401-462-9520	1-401-462-4444	1-401-462-4444	Department of Health	401-462-5300	http://www.health.ri.gov/
South Carolina	Department of Insurance	1-803-737-6160	1-800-868-9095	1-803-734-9900	Health and Human Services	888-549-0820	http://www2.scdhhs.gov/
South Dakota	Department of Labor and Regulation, Division of Insurance	1-800-310-6560	1-800-536-8197	1-605-333-3314	Department of Social Services	605-773-3495	http://dss.sd.gov/
Tennessee	Department of Commerce and Insurance	1-800-342-4029	1-877-801-0044	1-615-741-2056	TennCare	800-342-3145	http://www.state.tn.us/tenncare/
Texas	Department of Insurance	1-800-252-3439	1-800-252-9240	1-800-252-9240	Health and Human Services Commission, Texas Medicaid Program	800-252-8263	http://www.hhsc.state.tx.us/Medicaid/
Utah	Insurance Department	1-866-350-6242	1-877-424-4640	1-801-538-3910	Department of Health, Utah Medicaid Program	800-662-9651 or 801-538-6003	http://health.utah.gov/medicaid/
Vermont	Department of Banking, Insurance, Securities and Health Care Administration	1-800-631-7788	1-800-642-5119	1-802-748-5182	Department of Vermont Health Access (DVHA), GreenMountainCare	800-250-8427 or 802-879-5900	http://ovha.vermont.gov/

State	Social Security Office Website	State Pharmacy Assistance Programs			Long-Term Care Ombudsman	
		Name	Phone #	Website		
North Dakota	http://www.ssa.gov/denver/	Prescription Connection	888-575-6611	http://www.rxconnectnd.org/	Department of Human Services	800-451-8693
Ohio	http://www.ssa.gov/chicago/ohio.htm	Ohio's Best Rx	866-923-7879	http://www.ohiobestrx.org/	Department of Aging	800-282-1206
Oklahoma	http://www.ssa.gov/dallas/state_ok.html	Rx for Oklahoma Prescription Assistance	877-794-6552	http://www.okcommerce.gov/Grants-And-Funding/To-Help-Pay-Prescriptions	Aging Services Division	405-521-6734
Oregon	http://www.ssa.gov/seattle/index.htm	Prescription Drug Program	888-411-6737 or 503-945-7834	http://www.oregon.gov/OHA/pharmacy/OPDP/index.shtml	Department of Human Services	800-522-2602 or 503-378-6533
Pennsylvania	http://www.ssa.gov/phila/	PACE, PACENET, PACE Plus Medicare	800-225-7223	http://www.portal.state.pa.us/portal/server.pt/community/pace_and_affordable_medications/17942	Department of Aging	717-783-8975
Rhode Island	http://www.ssa.gov/boston/RI.htm	Rhode Island Pharmaceutical Assistance to the Elderly (RIPAE)	401-462-4444	http://www.dea.ri.gov/medicare/guide/about_ripae.html	Department of Human Services, Division of Elderly Affairs	401-785-3340
South Carolina	http://www.ssa.gov/atlanta/southeast/sc/south_carolina.htm				Lieutenant Governor's Office on Aging	803-734-9900
South Dakota	http://www.ssa.gov/denver/				Department of Social Services	866-854-5465
Tennessee	http://www.ssa.gov/atlanta/southeast/tn/tennessee.htm	CoverRx	866-268-3786	http://www.covertn.gov/web/cover_rx.html	Commission on Aging and Disability	877-236-0013 or 615-741-2056
Texas	http://www.ssa.gov/dallas/state_tx.html				Department of Aging and Disability Services	800-252-2412
Utah	http://www.ssa.gov/denver/				Division of Aging and Adult Services	801-538-3924
Vermont	http://www.ssa.gov/boston/VT.htm	Vpharm, VHAP-Pharmacy, Vscript, Health Vermounters	800-250-8427	http://www.greenmountaincare.org/vermont-health-insurance-plans/prescription-assistance	Vermont Legal Aid	800-889-2047

State	State Insurance Department		State Health Insurance Assistance Program		State Medicaid Agencies		
	Name	Phone #	Local Phone #	National Phone #	Name	Phone #	Website
Virginia	State Corporation Commission: Bureau of Insurance	1-877-310-6560	1-800-552-3402	1-804-662-9333	Department of Social Services	800-552-3431	http://www.dss.virginia.gov/index.htm
Washington	Office of Insurance Commissioner	1-800-562-6900	1-800-562-6900	1-360-586-0241	Health Care Authority, Medicaid	800-562-3022	http://hrsa.dshs.wa.gov/
West Virginia	Office of Insurance Commissioner	1-888-879-9842	1-877-987-4463	1-304-558-3317	Bureau for Medical Services	304-558-1700	http://www.dhhr.wv.gov/bms/Pages/default.aspx
Wisconsin	Office of Insurance Commissioner	1-800-236-8517	1-800-242-1060	1-608-267-3201	Department of Health Services, ForwardHealth: Wisconsin Medicaid	800-362-3002	http://www.dhs.wisconsin.gov/medicaid/
Wyoming	Insurance Department	1-800-438-5768	1-800-856-4398	1-307-856-6880	Department of Health	307-777-7656	http://www.health.wyo.gov/
American Samoa	Insurance Commissioner	1-684-633-4116	Not Available	Not Available	Office of Human and Social Services	011-684-633-4590	http://www.americansamoa.gov/
Guam	Department of Revenue and Taxation	1-671-635-1835	Not Available	1-671-735-7388 1-671-735-7390	Department of Public Health and Social Services	671-735-7270	http://www.guam.gov/?pg=resident_services
Northern Mariana Islands	Department of Commerce, Insurance Division	1-670-664-3064	Not Available	Not Available	Department of Public Health	670-664-2200	http://gov.mp/
Puerto Rico	Office of the Safety Commissioner	1-888-722-8686	(San Juan-Ponce) (Mayag)	1-877-725-4300 1-800-981-7735	Department of Health	787-274-6827	http://www.salud.gov.pr/Programas/ProgramaMedicaid/Pages/default.aspx
Virgin Islands	Division of Banking and Insurance	1-340-774-7166	(St. Croix) (St. Thomas)	1-340-772-7368 1-340-714-4354	Department of Health, Virgin Islands Medical Assistance Program (MAP)	340-773-1311 or 340-774-9000	http://www.healthvi.org/programs/health-insurance/map/index.html

State	Social Security Office Website	State Pharmacy Assistance Programs			Long-Term Care Ombudsman	
		Name	Phone #	Website		
Virginia	http://www.ssa.gov/phila/states/virginia.htm	State Pharmaceutical Assistance Program (SPAP)	800-366-7741	http://www.vdh.virginia.gov/epidemiology/DiseasePrevention/spap.htm	Office of Long-Term Care Ombudsman	800-552-3402 or 804-565-1600
Washington	http://www.ssa.gov/seattle/	Prescription Drug Program	206-521-2027	http://www.rx.wa.gov/	Department of Commerce	800-562-6028
West Virginia	http://www.ssa.gov/phila/states/westvirginia.htm	West Virginia Rx	877-388-9879	http://www.wvrx.org/	Bureau of Senior Services	304-558-3317 or 304-363-1595
Wisconsin	http://www.ssa.gov/chicago/wisconsin.htm	SeniorCare	800-657-2038	http://www.dhs.wisconsin.gov/seniorcare/	Board on Aging and Long-Term Care	800-815-0015
Wyoming	http://www.ssa.gov/denver/	Prescription Drug Assistance Program (PDAP)	307-777-6923	http://www.health.wyo.gov/healthcarefin/pharmacy/PDAP.html	Wyoming Senior Citizen's Inc.	800-856-4398 or 307-856-6880
American Samoa	http://www.ssa.gov/sf/					
Guam	http://www.ssa.gov/sf/					
Northern Mariana Islands	http://www.ssa.gov/sf/					
Puerto Rico	http://www.ssa.gov/ny/services-fo.htm					787-725-1515
Virgin Islands	http://www.ssa.gov/ny/services-fo.htm	Pharmaceutical Assistance to the Aged	340-774-0930	http://www.dhs.gov.vi/seniors/pharmaceutical.html		