



CALIFORNIA HEALTH ADVOCATES

California Health Advocates: An Overview

We are an independent non-profit organization dedicated to Medicare beneficiary advocacy and education for Californians. We have offices located throughout the state. Our core work includes:

Policy - We are a nationally recognized watchdog organization for Medicare, and conduct public policy research to support recommendations for improving rights and protections for Medicare beneficiaries and their families. We frequently partner with other statewide and national advocacy organizations to promote policies that positively impact Medicare.

Advocacy - We use a variety of strategies to advocate on behalf of Medicare beneficiaries and their families. Knowledgeable staff brings Medicare beneficiaries' experiences to the public through media, publications, and educational campaigns targeting legislators and their staff at the federal and state levels.

Education - We provide timely and high-quality information on Medicare through our vibrant and up-to-date website cahealthadvocates.org, electronic newsletter "California Medicare News," policy briefs and fact sheets. In addition, our expert staff trainers provide information and education through workshops and consultation to professionals interested in Medicare policy issues.

California Medicare Coalition

The California Medicare Coalition (CMC) connects a wide range of organizations that serve Medicare beneficiaries in California. The CMC strategically works together in a statewide, coordinated effort to convene community events and educational meetings focusing on regional or statewide issues, and to improve outreach and education to Medicare's diverse beneficiary communities.

California Medicare Consumer Information

Our website cahealthadvocates.org provides easy-to-read information about Medicare in California, and offers links to resources and other agencies serving California's Medicare beneficiaries and their families. The website also links to *free*, objective fact sheets on Medicare-related topics such as:

- **Medicare** (Medicare Parts A, B, C and D, cost-sharing, fraud and abuse)
- **Supplementing Medicare** (Medigap, retirement plans, TriCare for Life)
- **Low Income Assistance** (Medicare Savings Programs, Medi-Cal, Extra Help with Part D costs)
- **Medicare Advantage** (How different types of Medicare Advantage plans work)
- **Billing and Claims** (Organizing bills, how claims are processed)
- **Medicare Appeals** (How to appeal and file grievances for Medicare Parts A, B, C and D claims)
- **Long-Term Care** (Overview of, options for, and FAQs about LTC insurance)

Workshops for Professionals

We offer a series of workshops addressing important Medicare topics. These workshops are specifically designed for statewide organizations and federal and state agencies who work with and serve Medicare beneficiaries. Selected courses are also available in Spanish.

Workshops can be requested at cahealthadvocates.org/education/request.html.

Continuing Education Units (CEU) for Individuals

Continuing education units (one unit per hour of instruction) are available for the following professionals:

- Licensed Clinical Social Workers (LCSW)
- Licensed Marriage and Family Therapists (LMFT)
- Administrators of Residential Care Facilities for the Elderly (RCFE)

Please use the CEU Request form located at cahealthadvocates.org/education/ceu.html.
For more information call 916-231-5113.

Current Workshop Topics

1. Medicare: An Overview
2. Supplementing Medicare
3. Medicare Part D: An Overview
4. Assistance for People with Low Incomes
5. Medicare Fraud and Abuse

Health Insurance Counseling and Advocacy Program (HICAP)

We promote the work of the local HICAP offices serving more than 4.5 million Medicare beneficiaries of all ages throughout California. We provide statewide technical training and programmatic support to local HICAP management staff and volunteer counselors.

HICAP is a state program administered by the California Department of Aging. Local HICAPs offer free counseling services and community education. Trained HICAP Counselors, who are registered with the state, provide unbiased information about Medicare, related health care options, and long term care insurance to help Medicare beneficiaries make informed decisions about their individual health care coverage.

Find your local Health Insurance Counseling and Advocacy Program (HICAP) office by calling toll free 1-800-434-0222 or visiting our website at cahealthadvocates.org.

Contributing to our Work

Strengthening protections and ensuring rights for people with Medicare coverage is of growing importance. Thus we seek tax-deductible contributions, grants and sponsorships to support our high quality educational events and publications. Contributions go directly to the provision of our services and offset costs such as printing, travel and effective policy advocacy on behalf of Medicare beneficiaries and their families.

Our work reaches a vast number of older adults and their adult children throughout the state of California and nationwide.

If you are interested in learning more about the benefits of supporting our work, please call our Sacramento office at 916-231-5110 and ask about making a contribution to our work and helping California's Medicare beneficiaries.