Key Questions to Consider About Medicare Initial Enrollment

Resources in your state

Please note: One or more of the programs and resources listed below may not be affiliated with AARP. Any information you provide to the host organization of these programs will be governed by its privacy policy.

AARP California

News, tools, resources, & research that matter to Californians 50+News, tools, resources, & research that matter to Californians 50+

states.aarp.org/california/

California Department of Aging

Find services available to older adults by county

1-800-510-2020
aging.ca.gov

HICAP

HICAP (California Health Insurance Counseling and Advocacy Program) Free information, counseling, and advocacy for people who have or will soon have Medicare, as well as caregivers.

1-800-434-0222
aging.ca.gov/Providers_and_Partners/Health_Insurance_Counseling_and_Advocacy_Program/

Senior Information and Referral

Information about local services for seniors, including health care, legal aid, housing, employment, home health care, and companionship
1-916-419-7500
1-800-735-2929 (TDD)
aging.ca.gov

National Institute on Aging

Information for seniors about aging, staying healthy, and getting health care

1-800-222-2225
1-800-222-4225 (TTY)
nia.nih.gov

Medicare

Official Medicare website and phone number

1-800-MEDICARE
1-877-486-2048 (TTY)

medicare.gov medicare.gov/about-us/other-languages/information-in-other-languages.html

Still have questions? Visit learn.aarp.org/medicare for answers from a Medicare expert.

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