Medicare’s annual open enrollment period starts Oct. 15

For the more than 1.3 million Medicare beneficiaries in Washington state, this is an important time of year. Medicare’s Open Enrollment Period – also called the Annual Election Period – runs each year from Oct. 15 to Dec. 7. During this time, those on Medicare:

- Can switch from Original Medicare to a Medicare Advantage plan – and vice versa.
- With Original Medicare can join, drop or switch a Part D prescription drug plan.
- With a Medicare Advantage plan can switch to a different Medicare Advantage plan.

The Statewide Health Insurance Benefits Advisors (SHIBA) program – part of the Office of the Insurance Commissioner - is ready to help with all of these decisions.

Medicare is not a one-size fits all program. Each person’s needs, situation and benefits are different – and that includes spouses who may have their own unique Medicare plan. So before you make a final decision, consider these tips:

- Plan costs and coverage can change every year, so review and keep all letters and notices your current plan sends you.
- List all of the current prescription drugs you take, the doses, and how often. Then, use the Plan Finder at www.medicare.gov to compare Part D plans.
- Review the Medicare & You handbook. You should receive it by mid-October.
- If you have questions, call SHIBA at 1-800-562-6900 before you sign up.
- Attend a SHIBA workshop (check out our online events calendar at www.insurance.wa.gov/shiba).

To schedule your one-on-one counseling appointment with a SHIBA volunteer, Monday through Friday:

- **Call your local SHIBA office at Action Health Partners: 888-452-0731.**
- Call our Insurance Consumer Hotline at 1-800-562-6900 and ask to speak with a SHIBA volunteer in your local area.
Inscripción abierta anual de Medicare comienza el 15 de Octubre

Para los más de 1.3 millones de beneficiarios de Medicare en el estado de Washington, esta es una época importante del año. El Período de Inscripción Abierta de Medicare, también llamado Período de Elección Anual, se extiende cada año del 15 de octubre al 7 de diciembre. Durante este tiempo, los que tienen Medicare:

- Puede cambiar de Medicare Original a un plan Medicare Advantage, y viceversa.
- Con Medicare original puede unirse, cancelar o cambiar un plan de medicamentos recetados de parte D.
- Con un plan Medicare Advantage puede cambiarse a un plan Medicare Advantage diferente.

El programa Statewide Health Insurance Benefits Advisors (SHIBA), que forma parte de la Oficina del Comisionado de Seguros, está listo para ayudar con todas estas decisiones.

Medicare no es un programa único para todos. Las necesidades, la situación y los beneficios de cada persona son diferentes, y eso incluye a su esposo/a que pueden tener su propio plan exclusivo de Medicare. Entonces, antes de tomar una decisión final, considere estos consejos:

- Los costos y la cobertura del plan pueden cambiar cada año, así que revise y conserve todas las cartas y avisos que le envíe su plan actual.
- Lisate de todos los medicamentos recetados que toma actualmente, las dosis y la frecuencia. Luego, use el Buscador de planes en www.medicare.gov para comparar los planes de la Parte D.
- Revise el manual Medicare y usted. Debería recibirlo a mediados de octubre.
- Si tiene preguntas, llame a SHIBA al 1-800-562-6900 antes de inscribirse.
- Asista a un taller de SHIBA (consulte nuestro calendario de eventos en línea en www.insurance.wa.gov/shiba).

Para programar su cita de consejería individual con un voluntario de SHIBA, de lunes a viernes:

- Llame a su oficina local de SHIBA en Action Health Partners: 888-452-0731.
- Llame a nuestra línea directa para consumidores de seguros al 1-800-562-6900 y pida hablar con un voluntario de SHIBA en su área local.
Únase a Nuestro Taller Gratuito
¡Aprenda cómo manejar la diabetes y vivir una vida saludable!

El Manejo Personal de la Diabetes
¡Únase a nuestro taller virtual GRATUITO para ayudarlo a controlar su diabetes en lugar de dejar que ella lo controle a usted! Las personas con diabetes, sus amigos, familiares y cuidadores pueden inscribirse.

Reserve su asiento!

Aprenderá a:

- Lidiar con los síntomas de la diabetes
- Comer más saludable
- Usar medicamentos con seguridad
- Trabajar eficazmente con los proveedores de atención médica

Los talleres son una vez por semana durante 6 semanas.
Los materiales son gratis
12 créditos de Educación Continua (CE) están disponibles para profesionales.

Próximas Sesiones:
Miércoles de 6:30 pm a 8:30 pm
3 de noviembre al 8 de diciembre
Reunión vía Zoom
Registrarse llamando:
Irene Sanchez al
(509)860-5905
o enviando un correo electrónico a
Irene.SanchezMendoza@du.edu

Proporcionado por Community Choice Health & Education Institute, y patrocinado por Aging & Adult Care de Central Washington. El taller Living Well Self-Management se desarrolló en la Universidad de Stanford y se ha convertido en el líder comprobado en autocontrol para personas con enfermedades crónicas.
A closer look at specific strategies envisioned in 2022

NCACH will invest in skill building and capacity building for our organizations and communities in order to develop a culture of equity and increase community resilience.

- Financially support and participate in a diversity, equity and inclusion (DEI) pilot series targeting North Central Washington civic leaders (Learning to People Better Together), starting in September 2021 through June 2022.
- Structure equity education and discussion into each quarterly Board Retreat agenda, throughout 2022.
- Dedicate funding and launch a simple, rolling funding process starting in January 2022 targeting local entities & efforts led by and serving communities fighting for inclusion and belonging, in order to invest in the work they are doing to address health equity in our region.
- Proactively encourage SDOH & equity reflections and peer learning across partners to build their awareness and understanding of health equity work.

NCACH will increase cross-sector collaborations and integrated partnerships at local and county levels in order to promote coordinated whole system responses to whole person health needs.

- Starting in January 2022, increase cross-sector partner convening (instead of within sectors) at local and county level, with an emphasis on local conversations and planning since that is where the care coordination happens for community members in need.
- Starting in January 2022, leverage network analysis to measure and monitor our various networks in order to inform ongoing strategy and investments with partners and communities.
NCACH will increase the network of behavioral health supports across the community in order to improve health outcomes for people struggling with behavioral health issues.

- Plan and Implement Emergency Department pilot program with regional hospital partner by end of 2022, utilizing Recovery Coaches to connect people that need SUD support at critical window of opportunity.
- Expand jail pilot to Grant and Okanogan counties by end of 2022 so that two recovery coaches are in place in each county-level region, to connect people that need SUD support at critical window of opportunity.
- Increase harm reduction education to build buy-in from key decision-makers and leaders.
- Expand harm reduction solutions across our region so that all counties have at least one Narcan vending machine and hopefully one needle exchange by end of 2022.
- By March 2022, convene a diverse group of BH (MH & SUD) stakeholders who will create actionable project plans to address local needs.
- Improve behavioral health system through organizational redesign and system redesign.

NCACH will build pathways for North Central partners and residents to have a voice in local and state policies in order to ensure that solutions effectively support our region’s needs and the health of our residents.

- Educate and advocate to local elected officials and the community at large about the mission and work of NCACH to support the work being done and continue to foster key partners that will contribute to the success of our region.
- Work with Managed Care Organizations (MCOs) to address regional priorities from local Health Care and Community partners that affect the overall health of Medicaid patients.
- Advocate to State agencies and legislators on the mission and vision of North Central Accountable Community of Health to ensure the voice of our partners and residents are heard when state policies/work is being completed.
NCACH will increase capacity-building supports for partner organizations doing work to address social determinants of health, care coordination and behavioral health in order to help them respond to demand for services.

- Host trainings to bring value to and advance the work of partners and/or staff.
- By September 2022, support the implementation of telehealth pilots based on 2021 assessment findings in order to increase telehealth maturity and increase community usage.
- Throughout 2022, continue to monitor, provide technical assistance and support to partners (e.g. EMS, CBCC, Hope Squad) who are advancing care coordination, behavioral health, SDOH and health equity efforts.
- Continue to host learning activities to increase capacity in partner organizations.