

Congressman Randy Forbes



Your constituent services representative is just a phone call away.

HEALTH BENEFITS TOOLKIT

A guide to organizing your health insurance information.

Your health insurance benefits are critical to your well being. Use this information guide to stay organized, and provide valuable information for your family.

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CONGRESSMAN RANDY FORBES' HEALTH BENEFITS TOOL KIT

A guide to organizing your health insurance information.

Dear Friend,

Today we have more accounts, insurance policies, bank statements and other documents than ever before. If you're like me, sorting through and organizing health benefits information and paperwork can be frustrating and time-consuming, and it often takes a backseat to other priorities.

Our office assists constituents with issues surrounding federal health benefits on a daily basis. Often, we find that people have difficulty keeping track of policy numbers, premium information, and prescription drug coverage information for their health benefits. In emergency situations, having all of this information in one place is extremely helpful. I have prepared this Health Benefits Toolkit to guide you in managing your health benefits information. Additionally, our Constituent Services Team is here to help you when it comes to dealing with the Federal Government. We can help if:

- You have questions about your Medicare, Social Security, military retirement, or veterans benefits
- You need assistance with a Federal agency
- You need consumer information or resources
- You suspect you are a victim of identity theft

I hope that you find this information helpful. As always, if I can assist you or your family, please feel free to contact me at any one of my Congressional offices or online at randyforbes.house.gov. With kind personal regards, I am

Yours truly,

J. Randy Forbes



Congressman Randy Forbes
Working for Virginia Seniors



For a more detailed look at how Congressman Forbes is meeting these goals, read "A Health Care Vision for America" online at

<http://randyforbes.house.gov/issues/healthcare.htm>





Health Benefits Toolkit: A guide to organizing your health insurance information.

Being organized will help you in the case of an emergency. Use this guide to organize information on premium payments, policy numbers, and important contact information. You should share this information with key family members and care providers so that they can act on your behalf if necessary. This information should be kept in one easily accessible and safe location known to your key family members or care provider.

My primary care doctor is: _____
PHONE NUMBER: _____

Hospital/Inpatient Insurance Information

	Policy Number:	How do I pay my monthly premium?	Important Contact Number:
Private Insurance			
Medicare-Part A		NO PREMIUM	1-800-MEDICARE
Veterans Medical Center			
Tricare for Life			1-866-773-0404
Fed Employee Health Benefits (Plan Name: _____)			
Other: _____			

Outpatient Services Insurance Information

	Policy Number:	How do I pay my monthly premium?	Important Contact Number:
Private Insurance			
Medicare-Part B			1-800-MEDICARE
Veterans Medical Center			
Tricare for Life			1-866-773-0404
Fed Employee Health Benefits (Plan Name: _____)			
Other: _____			

Prescription Drug Coverage

	Policy Number:	How do I pay my monthly premium?	Important Contact Number:
Private Insurance			
Medicare-Part D			
Veterans Medical Center			
Tricare for Life			1-866-773-0404
Fed Employee Health Benefits (Plan Name: _____)			
Military Hospital			
Former/Current Employer Coverage			
Tricare			
Other: _____			

Supplemental Health Insurance

	Policy Number:	How do I pay my monthly premium?	Important Contact Number:
Private Insurance			
Veterans Medical Center			
Tricare for Life			1-866-773-0404
Federal Employee Health Benefits (Plan Name: _____)			
Former/Current Employer Coverage			
A.A.R.P.			
Other: _____			

Which plan is primary? _____ Which plan is secondary? _____

Long-Term Care, Discount Plans, Vision, Dental Coverage

	Policy Number:	How do I pay my monthly premium?	Important Contact Number:
Discount Plans			
Dental Insurance			
Vision Insurance			
A.A.R.P.			
Long-Term Care: _____			
Other: _____			

For additional assistance with health insurance issues, contact the Virginia Department of Aging's Insurance Counseling and Assistance Program at 1-800-552-3402.

