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Need personalized help? Call your SHIP

Need help making decisions about your health coverage? Want to learn more about programs to help pay Medicare costs? Need help with claims or appeals?

Your local State Health Insurance Assistance Program (SHIP) can give you one-on-one, personalized counseling on these issues, and more. Find the phone number for your SHIP on the back of your *Medicare & You* handbook or visit www.medicare.gov.

Get your claims information sooner

Don't wait for your Medicare Summary Notice (MSN) to come in the mail. Register at www.mymedicare.gov for easy access to your benefits and claims information.

You'll be able to choose a specific claim to get up-to-date information for that claim. You'll also be able to see your deductible information for the current year.

Free colorectal cancer screenings

March is National Colorectal Cancer Awareness Month – have you been [screened](#)? All people with Medicare are eligible for a screening colonoscopy, and other screening tests are available if you're 50 or older. You pay nothing for most colorectal cancer screenings, including a colonoscopy.

Screening is especially important if you're at [high risk](#), like if you or a close relative has had colorectal cancer, certain types of polyps, or a history of inflammatory bowel disease.

MSNs get a makeover

Your Medicare statement is getting a new look. We've [redesigned the Medicare Summary Notice](#) (MSN), to make Medicare information clearer, more accessible, and easier to understand. The new MSN also makes it easier to file appeals if a claim is denied.

[See a side-by-side comparison of the redesign here](#). The new design is available online for users of www.mymedicare.gov and, starting in 2013, mailed out quarterly to everyone with Medicare.

Better health is in your hands

People with Medicare can get many preventive services most at no cost, like annual wellness visits, immunizations, and some cancer screenings. Ask your doctor about what preventive care you need to stay healthy, and visit www.medicare.gov to find out more about Medicare-covered preventive care.

The health care law also requires many insurance companies to cover certain preventive services at no cost, even for people who don't have Medicare. Visit www.healthcare.gov to find out more.



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