

ask Medicare

Information to Help You Care for Others



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Watch a video

Visit medicare.gov/caregivers and scroll to the bottom for our latest caregiver videos and broadcasts

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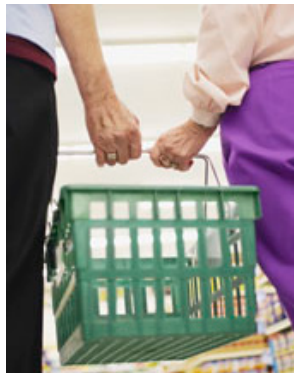


New! Medicare Covers HIV Tests

Medicare now covers HIV tests for **anyone with Medicare who wants the test**. Medicare covers one HIV test every 12 months, or up to 3 tests during a pregnancy. There's no cost for the test itself, but you generally have to pay 20% of the Medicare-approved amount for the doctor's visit.

If you want to be tested for HIV, ask your doctor.

Get Help With Caregiving Costs



If your loved one is eligible for Medicaid, you may be able to get help paying for caregiving services they need to keep living at home. Examples include homemaker services, personal care, and respite care.

Contact your State Medical Assistance (Medicaid) office and ask about **Home and Community-based Services Programs** in your state. Visit www.medicare.gov to get the phone number, or call 1-800-MEDICARE (1-800-633-4227) and say "Medicaid." TTY users should call 1-877-486-2048.

New Rules Make Extra Help Easier



New income and asset rules took effect in 2010, making it easier than ever to qualify for Extra Help paying for Medicare drug coverage. Now you don't have to count help you get from other people to pay for food and shelter as income, and you don't have to count life insurance policies as assets.

Applying for Extra Help is easy and free. Visit www.socialsecurity.gov to apply, or call Social Security at 1-800-772-1213. TTY users should call 1-800-325-0778.

Care for Yourself First

"Caregiving for the Caregivers" is a fact sheet from the National Institutes of Health that reminds us how important it is for caregivers to take care of their own health and well-being. Check it out at orwh.od.nih.gov.

Tell us what you care about!
Email us at caregiver_comments@cms.hhs.gov.



Pay Less for Mental Health Care

A new law means you'll start to pay less for outpatient mental health care. In 2010, you'll pay 45% of the Medicare-approved amount for outpatient mental health treatment (that's less than in 2009). The portion you pay will continue to go down over the next few years. By 2014, you'll pay only 20% of the Medicare-approved amount for these services.

Learn more about how Medicare covers mental health services in the free publication "[Medicare and Your Mental Health Benefits.](#)"



National Alliance on Mental Illness (NAMI)

The National Alliance on Mental Illness is the nation's largest grassroots mental health organization. NAMI has more than

1,100 state and local affiliates dedicated to improving the lives of people affected by mental illness, including helping them get the most out of Medicare prescription drug coverage. Get information and support from NAMI by visiting their website at www.nami.org.



New on MyMedicare.gov

You've always been able to track your Medicare claims and services 24 hours a day at MyMedicare.gov. Now, this secure online service just launched some great new features. You can:

- Print a temporary ID card for your Medicare drug plan.
- Print an "On the Go" report of your drug, doctor, and personal health information to take to appointments.

Medicare automatically mails a password for MyMedicare.gov to people who are new to Medicare. Or, you can register by selecting "begin the registration process."



CAREGIVER TIP: Keep up with health reform
Visit HealthReform.gov for the latest updates on health reform and how it will affect Medicare.

MA Open Enrollment Until March 31

Don't forget that you can join, drop or switch a Medicare Advantage Plan for 2010 **until March 31** (but remember, most people can't add Medicare drug coverage after December 31, 2009). Compare local Medicare Advantage Plans at www.medicare.gov.

New Limited Income NET Program

Limited Income NET Pays People Back

As of January 1, 2010, the Limited Income NET (Newly Eligible Transition) program will reimburse people for money they spent on covered drugs during past months they were eligible for Medicaid or Supplemental Security Income (SSI), but didn't have Medicare prescription drug coverage.

Who's Covered?

Limited Income NET covers people with Medicaid or SSI eligibility that is retroactive to past months. Limited Income NET also covers prescription drugs at the pharmacy for people who qualify for Extra Help, but don't have a Medicare drug plan yet.

Save Your Receipts!

To get reimbursed through Limited Income NET, you'll need to submit receipts for money spent on covered drugs. It's ALWAYS a good idea to save bills and receipts for health care expenses.



Learn More

For more details on Limited Income NET, including how to know if you're covered and how to file a claim, visit www.cms.hhs.gov/partnerships/downloads/11401-P.pdf and www.cms.hhs.gov/partnerships/downloads/11328-P.pdf.