



In This Issue

Take Control at
Healthcare.gov

Have a Pre-Existing
Condition?

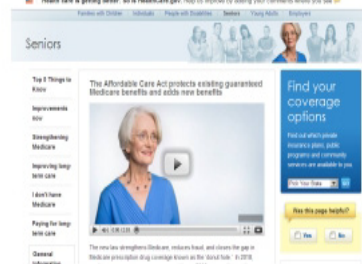
Which Hospital Is Best?

Access Your Loved One's
Medical Information

AARP Caregivers Resource
Center

Beat the Heat!

Too much heat isn't good for anyone, but it's even worse if you're older or have health problems. Check out these tips for staying cool from the [National Institute on Aging](#).



Take Control at Healthcare.gov

Take health care into your own hands at [Healthcare.gov](#), the new consumer website from the Department of Health & Human Services.

Whether you're a senior, still working, or a person with disabilities, the site can help you explore public and private coverage options, learn about care quality, and understand how the new Affordable Care Act laws will affect you and your family. [Visit Healthcare.gov today.](#)

Have a Pre-Existing Condition?

If you've been denied health insurance because of a pre-existing condition, you may qualify to buy insurance under the new Pre-Existing Condition Insurance Plan. Visit [healthcare.gov](#) to learn how the program works in your state.



Which Hospital Is Best?

Medicare's [Hospital Compare](#) Web site can help you decide which local hospital is best for you. In addition to information about inpatient care and patient satisfaction, the site includes new information about the quality of outpatient and emergency departments. You can also see how well hospitals near you keep patients safe from unnecessary radiation during imaging tests. Visit [www.medicare.gov/hospital](#).



Access Your Loved One's Medicare Information Immediately

Medicare can only talk to you about your loved one's personal health information if your loved one gives Medicare authorization. Now, your loved one can fill out the [Authorization to Disclose Personal Health Information Form](#) right online. This lets you speak to Medicare right away.

You can also complete and mail a [paper version of the authorization form](#). Don't wait for an emergency - have your loved one fill out these forms today.



AARP Caregivers Resource Center

AARP has an extensive toolkit filled with interactive features, including expert videos, calculators and worksheets.

Get information on providing (and paying for) care at home, preparing your home for a loved one, and advice on legal and insurance issues. You can also get support and guidance from others who've been there in the Caregiving Forum. Visit <http://www.aarp.org/relationships/caregiving/> now.

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



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