### **Congressman Randy Forbes**

#### **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.

**PUBLIC DOCUMENT OFFICIAL BUSINESS** 

for them.

health conditions.

This mailing was prepared, published and mailed at taxpaver expense



**CHESAPEAKE OFFICE** 

**EMPORIA OFFICE** 

(434) 634 - 5575

ASHINGTON, D.C. OFFICE

ON THE WEB



### **U.S. HOUSE OF REPRESENTATIVES** J Kory Forbes M.C. PRSRT STD WASHINGTON, DC 20515

our constituent services representative

(757) 382 - 0080 Contact: Tammie Bebout or Kate Dean

**COLONIAL HEIGHTS OFFICE** 

(804) 526 - 4969 **Contact: Joan Fallon** or Meghann Medici

Contact: Rick Franklin

(202) 225 - 6365

andyforbes.house.go



# HEALTH BENEFITS TOOL KIT

A guide to organizing your health insurance information.



Dear Friend,

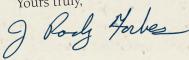


Today we have more accounts, insurance policies, bank statements and other documents than ever before. If you're like me, sorting through and organizing health benefits information and paperwork can be frustrating and time-consuming, and it often takes a backseat to other priorities.

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





Congressman Randy Forbes Working for Virginia Seniors



quality care and supporting improvements to the Medicare Prescription Drug Program. For a more detailed look at how Congressman Forbes is meeting these goals, read "A Health

**Congressman Forbes Is Working Towards** 

**Driving down the overall cost of health care** by providing more choices and moving to a

new patient-centered system that will allow individuals to choose the plans that are right

diseases such as diabetes, Alzheimers, Parkinsons, cancer, heart disease, and others.

**Reducing medical error** by sponsoring legislation to increase Medical Modeling and Simulation training to improve doctors' skills and proficiency, save money, and save

Introducing legislation to increase research using stem cells that are ethically **obtained**, which may result in lifesaving treatments for diseases and other adverse

**Supporting improvements in the Medicare system** by preserving patient access to

Care Vision for America" online at

**Funding for research, treatment and prevention** programs for life-altering

**Solutions in Health Care** 

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

	2		
	7		
	۴	۰	
	ь	4	
	0	М	
		14	
	9	и	
	Ù	н	
		u	
		3	
	c	2	
	L		
	u	ñ	
	Ų	Ņ	
	Ų	, I	
	1	7	
		7 L	
		Z	
		7	
( ( ( )			



### **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:			

escription Drug Coverage		
	Policy	Hov

	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.