



Helping you  
understand &  
protect your  
Medicare benefits



senior health information  
& insurance education

[www.shiine.net](http://www.shiine.net)

Medicare can be complicated and sometimes costly. SHIINE is available to help you find the best and most affordable plan to meet your needs.

Senior Health Information and Insurance Education (SHIINE) is a federally-funded program that advocates for, educates and assists consumers with Medicare and related health information, to allow consumers to make timely and informed decisions and access necessary resources.

SHIINE is committed to providing FREE, confidential and unbiased information to Medicare beneficiaries. SHIINE is not affiliated with any company that sells or distributes a product or service.

Visit SHIINE's website to get information on:

New to Medicare  
Medicare Parts A & B  
Medicare Part D Plans  
Choosing a Medigap Policy  
Medicare Advantage Plans  
Protecting your Medicare benefits  
Screenings to save on Medicare costs

## SHIINE Regional Offices

**Eastern Region: 1.800.536.8197**

**Central Region: 1.877.331.4834**

**Western Region: 1.877.286.9072**

This publication was made possible by Grant Number 90MP0229-01-00 and 90SA0107-01-00 from the Administration for Community Living. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Department of Health and Human Services.

The Department of Human Services does not exclude, deny benefits to, or otherwise discriminate against any person on the basis of actual or perceived race, color, religion, national origin, sex, age, gender identity, sexual orientation or disability in admission or access to, or treatment or employment in its programs, activities, or services. For more information about this policy or to file a Discrimination Complaint you may contact: Discrimination Coordinator, 3800 E. Hwy 34, c/o 500 E. Capitol Ave., Pierre, SD 57501, 605.773.5990.

Español (Spanish) - ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.800.305.9673 (TTY: 711).

Deutsch (German) - ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1.800.305.9673 (TTY: 711).