

April 2016

OSHIIP NEWS

Published by the Ohio Department of Insurance to serve our dedicated OSHIIP volunteers throughout Ohio



Statewide "Welcome to Medicare Events" Kick-Off April 5!

Every month 10 to 12 thousand Medicare eligible Ohioans will turn 65. OSHIIP wants those who have questions about coverage to attend a free "Welcome to Medicare" event sponsored by the Ohio Senior Health Insurance Information Program (OSHIIP), a division of the Ohio Department of Insurance.

Local and state experts from OSHIIP will cover topics such as Medicare Part A and B benefits, Part D prescription drug benefits, Medicare Advantage plans, financial assistance and important deadlines.

Events start on April 5 and run through June 22. Webinar sessions are also available for those unable to attend. Chose a date below to register.

April 11, 2016

June 13, 2016

August 22, 2016

OSHIIP staff and volunteers counseled nearly 386,500 Medicare consumers and saved them nearly \$21 million in 2015. The program ranked first in the nation last year among 54 similar programs in other U.S. states and territories.

If you are a volunteer for OSHIIP, your attendance at a local session fulfills part of your annual recertification requirements. Be sure to invite any of your clients who may benefit from the program.

Click below to view information for an event in your area.



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Mary Taylor
Lt. Governor / Director



News You Can Use



Medicare Preventive Care Services

Medicare pays for many preventive care services to keep individuals healthy. If you have Original Medicare, you will have to pay for coinsurance or a deductible for some preventive care services if your health care provider accepts assignment. Doctors who accept assignment cannot charge you more than the Medicare approved amount. If you are in a Medicare Advantage Plan, your plan will not charge you for preventive care services that are free for people with Original Medicare as long as you see in-network providers.

For a comprehensive list of Medicare's preventive services [click here](#).

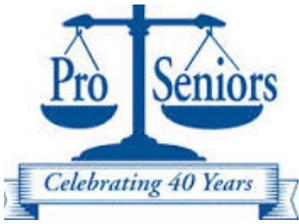
Services Medicare Covers Without Coinsurance or Deductible

Care	Service and Frequency
Abdominal Aortic Aneurysm (AAA)	Ultrasound screening: Covers a one-time screening if you are at risk, were never screened for AAA before, and are referred by your provider.
Alcohol Misuse Counseling	Counseling to ensure you don't develop alcohol dependence: Four brief counseling sessions in a primary care setting per year if your primary care provider believes you consume too many alcoholic drinks per week.
Annual Wellness Visit	A yearly visit with a health care provider to update or develop a 5- to 10-year prevention schedule based on your needs. Patients complete a health risk assessment questionnaire that takes into account your health status, injury risks, and urgent health needs. Not a head-to-toe physical. Cannot happen in the same 12 months as your Welcome to Medicare visit.
Breast Cancer Screenings	Mammogram screening: Once every 12 months for women age 40+; women between ages 35 and 39 can get one baseline mammogram. Note: Medicare Advantage Plans can't require a referral for mammograms.
	Breast examination: Once every 24 months generally; if at risk, once every 12 months.
Cervical Cancer Screenings	Pap smear and pelvic examination: Once every 24 months generally; if at risk, once every 12 months.

SHIP National Technical Assistance Center: 877-839-2675 | www.shiptacenter.org | info@shiptacenter.org

SMP National Resource Center: 877-808-2468 | www.smpresource.org | info@smpresource.org

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News You Can Use...Con't

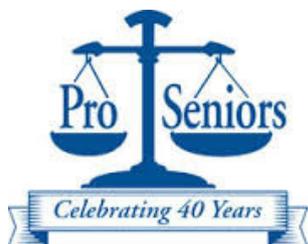


Services Medicare Covers Without Coinsurance or Deductible Cont'd...

Care	Service and Frequency
Colon Cancer Screenings	<p>Fecal occult blood test: Once every 12 months for people age 50 and older.</p> <p>Colonoscopy: Once every 10 years (or 48 months after a previous flexible sigmoidoscopy); once every 24 months if you are at high risk.</p> <p>Flexible sigmoidoscopy: Once every 48 months but not within 120 months (10 years) of a screening colonoscopy for people not at high risk.</p> <p>DNA Stool Test (like Cologuard TM): Covered once every 3 years for asymptomatic average risk beneficiaries between 50 and 85 years old.</p>
Depression Screening	<p>Discussion with your doctor once every 12 months in a primary care setting. May involve a questionnaire to identify risk factors or symptoms.</p>
Diabetes Screenings	<p>Screening lab test: Once every 12 months if you have a family history or are at risk for diabetes. Twice a year if you have been diagnosed with pre-diabetes.</p>
HIV Screening	<p>Screening lab test: Covered for persons with Medicare once every 12 months or up to 3 times during a pregnancy.</p>
Heart Disease Screening	<p>Blood tests to screen for cholesterol, lipid, lipoprotein, and triglyceride levels: Once every five years.</p> <p>Risk Reduction Visit: Once every 12 months; your primary care provider gives you advice to reduce your risk of heart disease.</p>
Hepatitis C Screening	<p>One-time blood test: For people who were born between 1945 and 1965, had a blood transfusion before 1992, or are considered high risk due to current or past history of illegal injectable drug use. High risk individuals also qualify for yearly screenings following the initial test.</p>
Lung Cancer Screening	<p>If you are a heavy smoker and show no symptoms of cancer, you may qualify for a yearly Low Dose Computed Tomography chest scan (LDCT, also called Low Dose CT).</p>
Medical Nutritional Therapy	<p>Therapy to help you learn to eat well so you can better manage your illness. With a doctor's referral, people with diabetes, chronic renal disease, or those who have had a kidney transplant in the past 36 months can receive three hours of therapy in the first year and two hours each following year.</p>

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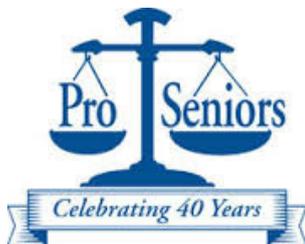


Services Medicare Covers Without Coinsurance or Deductible Cont'd...

Care	Service and Frequency
Obesity Counseling	If you have a Body Mass Index (BMI) of 30 or more, you qualify for intensive behavior counseling in your primary care provider's office to help you lose weight.
Osteoporosis Screening	Bone mass measurements: Bone mass measurements: Once every 24 months for people who are at risk for osteoporosis and meet certain requirements.
Prostate Cancer Screenings	Prostate specific antigen (PSA) test: One every 12 months for men age 50 or older.
Sexually transmitted infection (STI) screenings and counseling	STI screening and counseling is free for people with Medicare who are pregnant and/or considered high risk. Chlamydia, gonorrhea, and syphilis: Once every 12 months if you qualify or at certain times when you are pregnant. Hepatitis B: Only once during the first prenatal visit of all pregnant beneficiaries.
Smoking Cessation	Counseling to stop smoking for people without smoking-related illnesses: Covers two quitting attempts per year; each attempt includes four counseling sessions.
Vaccinations	Pneumonia shot: Covers both vaccines received at least 12 months apart. Flu shot: Once a season. Hepatitis B shot: Only for people at medium to high risk.
Welcome to Medicare Visit	A one-time visit with a health care provider designed to map out your health needs and to help create a preventive plan or checklist to keep you healthy. Not a head-to-toe physical. Covered if you receive the exam within 12 months of enrollment in Medicare Part B.

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News You Can Use...Con't



Services Medicare Covers With Coinsurance or Deductible Cont'd...

Care	Service and Frequency	What You Pay
Glaucoma Screening	Once every 12 months if you are at high risk.	20 percent after you pay your Part B deductible
Colon Cancer Screening	Barium enema: Once every 48 months or every 24 months if you are at high risk when used instead of a colonoscopy or sigmoidoscopy.	20 percent before you pay your Part B deductible
Prostate Cancer Screening	Digital rectal exam: Once every 12 months for men age 50 and older.	20 percent after you pay your Part B deductible
Diabetes Self-Management Training	10 hours of training during your first year and 2 additional hours each year if training is provided in a group of 2 to 20 people.	20 percent after you pay your Part B deductible

Note: If you have a Medicare Advantage Plan, contact your plan to find out how much you'll pay for these services.

Contact your State Health Insurance Assistance Program (SHIP) if you need help making coverage changes, understanding your coverage options or understanding the various enrollment or election periods that apply to you.

Contact your Senior Medicare Patrol (SMP) if you receive suspicious offers or charges to discuss potential abuse or fraud.

Contact your plan or 1-800-MEDICARE if you need assistance with disenrollment.

OSHIIIP Contact Information

OSHIIIP toll-free: 1-800-686-1578
 OSHIIIP email: Oshiiipmail@insurance.ohio.gov
 Website: insurance.ohio.gov
 To find a SHIP in another state call 1-877-839-2675

Visit: www.shiptacenter.org

Pro Seniors Contact Information

Pro Seniors toll-free: 1-800-488-6070
 SMP email: Info@proseniors.org
 SMP website: proseniors.org
 To find a SMP in another state call 1-877-808-2468

Visit: www.smpresource.org

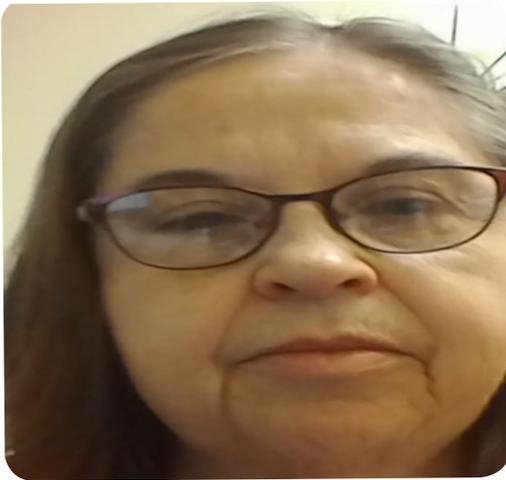
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Volunteer Feature

Gale Justice finds fulfillment helping Ashtabula County residents



Gale Justice became an OSHIIP volunteer a little under a year ago after a chance meeting with OSHIIP's Community Liaison, Mary Leep-Pichert.

"In March of 2015, Mary came to speak to our Executive Director and myself to share what types of services OSHIIP provided," said Gale. "Since we were already assisting clients with Medicare questions and comparisons, it was natural for us to become a volunteer site for OSHIIP in Ashtabula County."

In May of 2015, Gale completed her OSHIIP training. Since then she has taken an active role in assisting Ashtabula residents with identifying Medicare coverage options that best suit their needs and budget.

"I like answering questions and helping people understand their coverage," said Gale. "Everyone is always so grateful for the assistance."

Currently, Gale serves as an Outreach Specialist at Country Neighbor Program, Inc. In this role, she helps clients apply for supportive services and prescription drug programs in addition to social security disability benefits and Medicaid.

Thanks to her position, Gale gets abundant opportunities to meet and help OSHIIP clients. Gale also spends her time teaching several wellness classes for seniors that focus on self-management care.

Gale feels accomplished when she is able to inform clients of their drug plan options. Prior to becoming an OSHIIP volunteer, Gale knew very little about the Medigap supplement plans.

"The biggest challenge about helping seniors with Medicare is finding affordable plans when they are taking several medications," said Gale. "I feel fulfilled when I am able to explain the options available and find affordable plans that work."

Gale appreciates the training provided from OSHIIP. She is confident that she is equipped to answer questions and navigate her patients through Medicare options.

When she is not at work, she enjoys spending time with family and being involved with her church.

Thank you, Gale, for making a difference in the lives of your clients!

The OSHIIP Road Show

Here's our list of public OSHIIP events you can attend. Attendance is voluntary and there's no need to register in advance. Just let the designated OSHIIP representative know you're there to lend a hand.

Health Fair

Cuyahoga County

April 21, 9 a.m. - 12 p.m.
Ehrnfelt Senior Center
18100 Royalton Rd.
Strongsville, OH 44136

Lorain County

April 26, 10 a.m. - 2 p.m.
Lorain Community College
Spitzer Conference Center
1005 N. Abbe Rd.
Elyria, OH 44035

Pike County

April 6, 9 a.m. - 1 p.m.
Bristol Village Health Fair
660 E. Fifth St.
Waverly, OH 45690

Medicare 101

Cuyahoga County

April 19, 1:30 p.m.
Jaelot Apartments
12730 Shaker Blvd.
Cleveland, OH 44120

April 19, 3 p.m.
Warrensville Manor
1476 Warrensville Center Rd.
Cleveland Hts, OH 44121

Franklin County

April 28, 3 p.m.
Bexley Public Library
2411 E. Main St.
Bexley, OH 43209

Medicare Options Seminar

Stark County

April 19, 9 a.m.
Mercy Hospital
Mercy Hall Auditorium
1320 Mercy Dr. NW.
Canton, OH 44708

New To Medicare

Delaware County

April 2 & 13, 10 a.m.
April 27, 6 p.m.
SourcePoint
800 Cheshire Rd.
Delaware, OH 43015
To RSVP call 740-363-6677

Welcome to Medicare Lake County

Friday April 1, 11 a.m.
Painesville Senior Center
85 N. Park Place
Painesville, OH 44077
To RSVP call 440-352-8095

Tuesday April 5, 11 a.m.
Willowick Senior Center
321 East 314th St.
Willowick, OH 44095
To RSVP call 440-585-5112
(Presented by Lake County Council on Aging)

New Crew



Erie Co.

Sarah Edwards
Paula Morin



Lucas Co.

Meagan Jackson
Susanne Weber
Alise Bucher
Julie Liebenthal
Samantha Pasko
Jamie Richardson
Ashley Esbin

Jennifer Murray
Tricia Allen
Stephanie Butler
Lauren Holub
Lindsey McNett
Jaylin Hairston
Amy Weidel



Sandusky Co.

John Gaertner



Seneca Co.

Hilary Churchill



Wood Co.

Janet Kuhl



Williams Co.

Lisa Trent



Huron Co.

Luz Galindo

Webinar Training

OSHIIP hosts webinars each month. Choose a convenient session and receive great information. You will need a computer and phone to participate.

Call 1-877-820-7831 Enter passcode 896960

April 13– Ohio Medicaid Transition to 1634

To register for the 10 a.m. session click here:

<https://attendee.gotowebinar.com/register/1677175618181650177>

To register for the 2 p.m. session click here: <https://attendee.gotowebinar.com/register/6303554410491065601>

Face-to-Face New Volunteer Trainings

The five-day training described below is for volunteers who are new to OSHIIP. Prospective volunteers are encouraged to consider OSHIIP's online training as an alternative.

Summit County – April 6, 13, 20, 27 (9 a.m.-3 p.m.) and June 1 (10 a.m. -12 p.m.)

Laurel Lake (Staff Education room)

200 Laurel Lake Dr.

Hudson, OH 44236

Lucas County – June 7, 14, 21, 28 (9 a.m. -3 p.m.) and July 26 (10 a.m. -12 p.m.)

Area Office on Aging of NWO, Inc.

2155 Arlington Ave

Toledo, OH 43609

Franklin County – June 7, 14, 21, 28 (9 a.m.-3 p.m.) and August 2 (9 a.m.-12 p.m.)

Wexner Heritage Village

1151 College Ave.

Columbus, OH 43209

Cuyahoga County – July 12, 19, 26, August 2 (9 a.m.-3 p.m.) and August 30 (10 a.m.-12 p.m.)

Jewish Federation of Cleveland – Mandel Building

25701 Science Park Dr.

Beachwood, OH 44122

2016 OSHIP Regional Trainings

OSHIP will host full day (9 a.m.- 4 p.m.) regional trainings throughout Ohio for current OSHIP volunteers. These trainings are more comprehensive than a refresher training. OSHIP will invite Ohio Medicare Partners and other subject matter experts to attend. Please register in advance by clicking [here](#). Additionally, three Social Work CEU hours will be offered.

** Training will begin at a later time.*

Lucas County

April 12

Area Office on Aging of NWO, Inc.
2155 Arlington Ave.
Toledo, OH 43609

**Training will run from 9:30 a.m.-4 p.m.*

Pike County

June 6

Bristol Village Auditorium
625 E. 5th St.
Waverly, OH 45690

**Training will run from 1-4 p.m. and coincides with the public 'Welcome to Medicare' event at 6 p.m.*



OSHIP's Overall National Performance Score Highest to Date!!

OSHIP #1 SHIP in the Country!



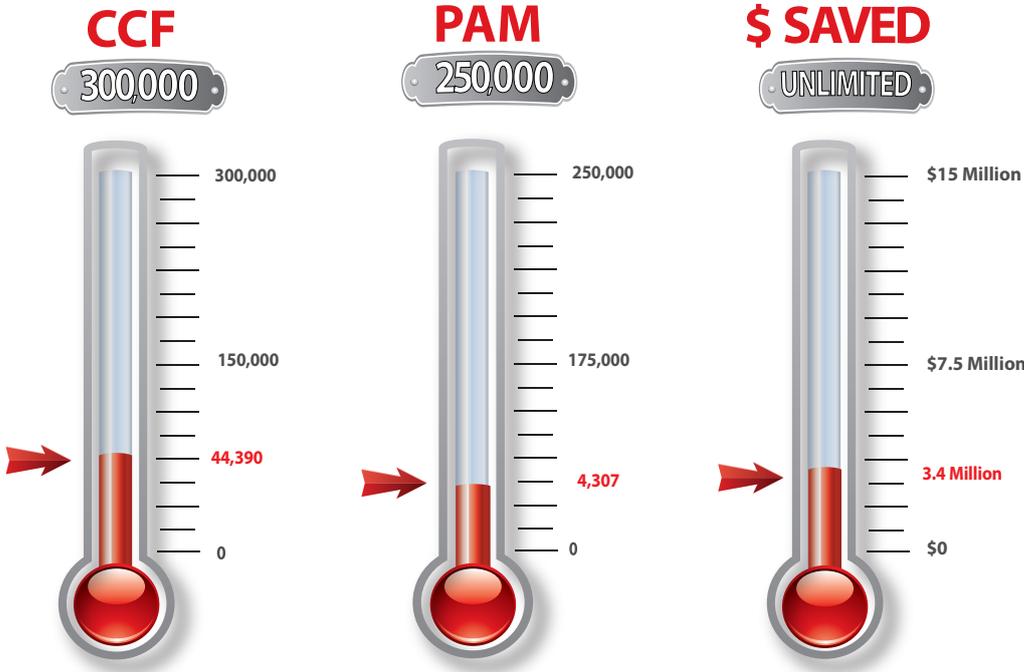
We're Number #1!!

THANK YOU FOR ALL YOUR HARD WORK!
Because of you we are the **NUMBER #1 SHIP** in the country!!



Our Progress as of April 2016!

OSHIIP 2016 Goals



LOCAL HELP FOR PEOPLE WITH MEDICARE

OSHIIP: 1-800-686-1578 • FAX: 614 -752-0740

Email: oshiipmail@insurance.ohio.gov • Internet: www.insurance.ohio.gov



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of Insurance

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Suite 300
Columbus, Ohio 43215

John R. Kasich
Governor

Mary Taylor
Lt. Governor / Director