



Maryland
INSURANCE ADMINISTRATION

HOW TO USE YOUR HEALTH PLAN

HEALTH PLAN RESOURCES LIST

Health Education and Advocacy Unit of the Office of the Attorney General of Maryland
200 St. Paul Place Baltimore, MD 21202 410-528-1840 / 877-261-8807
www.marylandattorneygeneral.gov/pages/cpd/heau

Maryland Department of Aging
301 W. Preston Street, Suite 1007 Baltimore, MD 21201 410-767-1100 / 800-243-3425
www.aging.maryland.gov

Maryland Department of Budget and Management - Office of Personnel Services and Benefits
301 W. Preston Street Baltimore, MD 21201 410-767-4765 / 800-705-3493
www.dbm.maryland.gov/Pages/DivOPSB.aspx

Maryland Department of Disabilities
217 E. Redwood Street, Suite 1300 Baltimore, MD 21202 410-767-3660 / 800-637-4113
www.mdod.maryland.gov

Maryland Health Connection
P.O. Box 857 Lanham, MD 20703-0857 855-642-8572
www.marylandhealthconnection.gov

Maryland Insurance Administration
200 St. Paul Place, Suite 2700 Baltimore, MD 21202
410-468-2000 / 800-492-6116 / 800-735-2258 TTY
www.insurance.maryland.gov



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Centers for Medicare and Medicaid Services

7500 Security Boulevard Baltimore, MD 21244 410-786-3000 / 877-267-2323

Medicare Service Center: 800-633-4227

www.cms.gov

Federal Employees Health Benefits Program Office of Personnel Management

ATTN: Insurance Programs 1900 E. Street, NW Washington, DC 20415 202-606-1800 800-877-8339 (TTY)

www.opm.gov

Internal Revenue Service (IRS) 800-829-1040

www.irs.gov

United States Department of Labor Employee Benefits Security Administration

200 Constitution Avenue, NW Washington, DC 20210

866-444-EBSA (3272) 202-693-8700 (MD District Office)

www.dol.gov/ebsa

Senior Prescription Drug Assistance Program (SPDAP)

628 Hebron Avenue, Suite 100, Glastonbury, CT 06033

800-551-5995 800-877-5156 (TTY)

www.marylandspdap.com


NEED ASSISTANCE?

The Health Coverage Assistance Team (H-CAT) can help you:

- Get answers to your health insurance questions.
- Address health insurance problems or concerns.
- File a complaint about your health insurance issue or concern.
- Connect you to resources.



 hcat.mia@maryland.gov

 410-468-2442



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