



200 St. Paul Place, Suite 2700, Baltimore, Maryland 21202  
Direct Dial: 410-468-2000 Fax: 410-468-2020  
1-800-492-6116 TTY: 1-800-735-2258  
[www.insurance.maryland.gov](http://www.insurance.maryland.gov)



The Maryland State Health Insurance Assistance Program is a program that helps those on Medicare with personalized Medicare counseling, education, and access to financial assistance resources.

SHIP offices help Medicare beneficiaries identify and understand programs and plans such as Medicare prescription drug coverage, Medicare Advantage Plans, and Medicare supplemental insurance policies. SHIP can also help Medicare beneficiaries enroll in these plans. The services you receive through SHIP offices are confidential and free.

For more information, visit the [Maryland Department of Aging](#). Below is a list of local contact numbers to reach a SHIP Counselor in Maryland.

Allegany 301-783-1710  
Anne Arundel 410-222-4257  
Baltimore City 410-396-2273  
Baltimore County 410-887-2059  
Calvert 410-535-4606  
  
Caroline 410-479-2535  
Carroll 410-386-3800  
Cecil 410-996-5295  
Charles 301-934-9305  
Dorchester 410-742-0505  
Frederick 301-600-1234  
Garrett 301-334-9431 ext 6140

Harford 410-638-3025  
Howard 410-313-7392  
Kent 410-778-2564  
Montgomery 301-255-4250  
Prince George's 301-265-8471 or 301-265-8471  
Queen Anne's 410-758-0848 ext. 2712  
Somerset 410-742-0505  
St. Mary's 301-475-4200 ext. 1050  
Talbot 410-822-2869  
Washington 301-790-0275  
Wicomico 410-742-0505  
Worcester 410-742-0505



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