



## **This week at the Maryland Insurance Administration**

**Thursday, January 13, 12 pm**

**Virtual Event: [Lunch with MIA – Heart Health and Living with Hypertension](#)**

Join *MIA* and the Maryland Academy of Nutrition and Dietetics to learn tips to make healthy lifestyle changes and use your health insurance to fit your healthcare needs.

### **Insurance Complaints**

File a complaint on our online portal : or call 1-800-492-6116

<https://insurance.maryland.gov/Consumer/Pages/FileAComplaint.aspx>