



SHIP

State Health Insurance
Assistance Program

Find your local SHIP
shiphelp.org

1-877-839-2675

facebook.com/SHIPTACenter

Need Help with Navigating Medicare?

SHIP is your local State Health Insurance Assistance Program. SHIP provides unbiased help to Medicare beneficiaries, their families, and caregivers. Whether you are new to Medicare, reviewing Medicare plan options, or have questions on how to use your Medicare, SHIP can help.



When you contact your local SHIP, a certified counselor will give you one-on-one guidance based on your unique situation and needs.

SHIP is here to help with:

- understanding your choices
- how to enroll
- plan comparison
- coverage and costs
- paying for Medicare and prescriptions
- troubleshooting billing issues
- submitting appeals
- Open Enrollment (October 1–December 7)
- referral to other resources

SHIP isn't just for people new to Medicare. Needs and options may change over time, so it's important to review your Medicare plan every year during Open Enrollment. SHIP can help you understand and compare options, so you can make choices that are best for you and your loved ones. We can also assist you with navigating access to providers, correcting billing issues, and filing complaints and appeals. With

your permission, SHIP will work with Medicare directly to help solve problems on your behalf.

SHIP counselors are members of your local community who have been screened, trained, and certified as Medicare experts. Many are volunteers and they may even be one of your peers. They pride themselves on providing unbiased, confidential counseling. Their only priority is helping you make informed decisions about your care and benefits.

You can count on SHIP to be:

- Local
- Unbiased
- Confidential
- Knowledgeable
- In-person or virtual

SHIP is a national program with offices across the country. Depending on your area, you may know your local SHIP by another name, but the support it provides is the same.

Navigating Medicare can be complicated. SHIP can help.



SHIP is a national program of the Administration for Community Living, an operating division of the U.S. Department of Health and Human Services. Learn more at ACL.gov.

SHIP is supported through state and federal partnerships that are not reimbursed by private health insurance plans or entities. SHIP is not paid per enrollment.



FIND A COUNSELOR NEAR YOU!

Allegany County
301-783-1710

Charles County
301-934-0118

Montgomery County
301-255-4250

Anne Arundel County
410-222-4257

Dorchester County
410-376-3662

Prince George's County
301-265-8471

Baltimore City
410-396-2273

Frederick County
301-600-1234

Queen Anne's County
410-758-0848, opt. 2

Baltimore County
410-887-2059

Garrett County
301-334-9431, x6140

St. Mary's County
301-475-4200

Calvert County
410-535-1600, x8766

Harford County
410-638-3025

Talbot County
410-822-2869, ext. 231

Caroline County
410-479-2535

Howard County
410-313-7392

Washington County
301-790-0275

Carroll County
410-386-3800

Somerset County
410-742-0505, x114

Wicomico County
410-742-0505, x114

Cecil County
410-996-8174

Kent County
410-778-2564

Worcester County
410-742-0505, x114

HELP IS ALSO AVAILABLE 24 HOURS A DAY, INCLUDING WEEKENDS
1-800-MEDICARE or 1-800-633-4227



Maryland

DEPARTMENT OF AGING

AGING.MARYLAND.GOV

1-800-243-3425 or 410-767-1100



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