If you are disabled or over 64, SHINE can help you with:

- Long-Term Care planning
- Medicaid
- Medicare
- Prescription Assistance
- Meals on Wheels
- Transportation Services
- Elder Abuse

Services SHINE provides include:

- Choosing a managed care plan
- Deciding between original Medicare (fee-for-service) and managed care
- Understanding your new health plan choices
- How to understand your Medicare bill
- How/whether to purchase additional health insurance
- Understanding how to appeal payment denials
- Understanding your Medicare rights/protections and how to submit a complaint about medical care or treatment
• **Helping you** if you have been affected by the termination of MD Medicare Choice

*To contact SHINE for personalized help:*

  • Call the Elder Helpline at **1-800-96-ELDER** (1-800-963-5337)
  • Email us at [information@elderaffairs.org](mailto:information@elderaffairs.org).
  • Or visit their information booth