**CONTACT:**

Teresa Estefan

305-586-6495 mobile

teri@evclay.com

# FOR IMMEDIATE RELEASE

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**Evaluating Your Medicare Benefits**

*Free, local service helps in reviewing your Medicare plan options for 2023*

**Southwest Florida** – Did you know that those with Medicare health and drug plans can make changes each year—things like cost, coverage, drug formularies and which providers and pharmacies are in their networks? If you have been waiting to make changes to your Medicare Prescription Drug or Medicare Advantage plan, wait no more! The Open Enrollment Period (OEP) is the time to review and make necessary changes for the upcoming year.

Medicare is a challenging subject for many people, the Open Enrollment Period which runs from Oct. 15, 2022, through Dec. 7, 2022, provides an opportunity to make the best coverage decision. Don’t go it alone! During this time, lean on experts for advice and utilize a local, valuable resource: the SHINE (Serving Health Insurance Needs of Elders) program.

SHINE is a program of the Florida Department of Elder Affairs and is operated locally through the [**Area Agency on Aging of Southwest Florida**](https://aaaswfl.org/). Specially-trained SHINE counselors help educate and empower Medicare beneficiaries, their families, and caregivers to understand their health care options so they can make the best decisions for their individual needs. The SHINE mission is to provide free and unbiased information about Medicare and Medicaid for beneficiaries, their families, and caregivers. SHINE also educates beneficiaries to protect, detect, and report potential errors, fraud, and abuse with their Medicare coverage. SHINE strongly encourages beneficiaries to review their Annual Notice of Change (ANOC), which they should have received from their plan no later than Sept. 30, 2022. Reviewing their benefits and evaluating their health care options each year is vitally important for beneficiaries. Acting quickly can assure a smooth transition into the 2023 benefit year.

There is still time! For help with your Medicare decision, call to request an appointment with a SHINE trained counselor at 1-866-413-5337. Also, to learn more about Medicare visit [www.aaaswfl.org](http://www.aaaswfl.org) and sign up for an educational webinar on changes affecting Medicare for 2023.