



The State Health Insurance Assistance Program (SHIP) is a government program with trained counselors in every state. Here is a list of the State Health Insurance Assistance Programs in each state we serve:

- Alabama: State Health Insurance Assistance Program (SHIP)
- Arizona: State Health Insurance Assistance Program (SHIP)
- Arkansas: Senior Health Insurance Information Program (SHIIP)
- Delaware: Medicare Assistance Bureau (DMAB)
- Florida: Serving Health Insurance Needs of Elders (SHINE)
- Georgia: GeorgiaCares - State Health Insurance Assistance Program (SHIP)
- Hawaii: State Health Insurance Assistance Program (SHIP)
- Illinois: Senior Health Insurance Program (SHIP)
- Indiana: State Health Insurance Assistance Program (SHIP)
- Kansas: Senior Health Insurance Counseling for Kansas (SHICK)
- Kentucky: State Health Insurance Assistance Program (SHIP)
- Louisiana: Senior Health Insurance Information Program (SHIP)
- Maryland: State Health Insurance Program (SHIP)
- Massachusetts: Serving Health Insurance Needs of Everyone (SHINE)
- Minnesota: State Health Insurance Assistance Program (SHIP)
- Mississippi: State Health Insurance Assistance Program (SHIP)
- Missouri: CLAIM, State Health Insurance Assistance Program (SHIP)
- Montana: State Health Insurance Assistance Program (SHIP)
- New Hampshire: State Health Insurance Assistance Program (SHIP) – ServiceLink Resource Center
- New Mexico: ADRC – State Health Insurance Assistance Program (SHIP)
- Nevada: State Health Insurance Assistance Program (SHIP)
- North Carolina: Seniors’ Health Insurance and Information Program (SHIP)
- North Dakota: State Health Insurance Counseling Program (SHIC)
- Ohio: Ohio Senior Health Insurance Information Program (OSHIIP)
- Oklahoma: Senior Health Insurance Counseling Program (SHIP)
- Oregon: Senior Health Insurance Benefits Assistance (SHIBA)
- Pennsylvania: APPRISE – Pennsylvania State Health Assistance Program
- Rhode Island: Senior Health Insurance Program (SHIP)
- South Carolina: State Health Insurance Assistance Program (SHIP)
- South Dakota: Senior Health Information & Insurance Education (SHIINE)
- Texas: Health Information, Counseling and Advocacy Program (HICAP)
- Utah: State Health Insurance Assistance Program (SHIP)
- Washington, D.C.: Health Insurance Counseling Project (HICP)
- West Virginia: State Health Insurance Assistance Program (SHIP)
- Wyoming: State Health Insurance Information Program (WSHIIP)

SHIP is independent (not connected with any insurance company or health plan). It is a state program that gets money from the Federal government to give free local health insurance counseling to people with Medicare.



SHIP counselors can help you with your Medicare questions or problems. They can help you understand your Medicare rights, help you make complaints about your medical care or treatment, and help you straighten out problems with your Medicare bills. SHIP counselors can also help you understand your Medicare plan choices and answer questions about switching plans.

<b>Method</b>	<b>Alabama   Alabama State Health Insurance Assistance Program (SHIP) – Contact Information</b>
<b>CALL</b>	1-800-243-5463
<b>TTY</b>	711
<b>WRITE</b>	201 Monroe St, Ste 350 Montgomery, AL 36104
<b>WEBSITE</b>	<a href="http://www.alabamaageline.gov/">http://www.alabamaageline.gov/</a>

<b>Method</b>	<b>Arizona   Arizona State Health Insurance Assistance Program (SHIP) – Contact Information</b>
<b>CALL</b>	1-800-432-4040
<b>TTY</b>	711
<b>WRITE</b>	1789 West Jefferson St (Site Code 950A) Phoenix, AZ 85007
<b>WEBSITE</b>	<a href="https://des.az.gov/services/older-adults/medicare-assistance">https://des.az.gov/services/older-adults/medicare-assistance</a>

<b>Method</b>	<b>Arkansas   Arkansas Senior Health Insurance Information Program (SHIIP) – Contact Information</b>
<b>CALL</b>	1-800-224-6330
<b>TTY</b>	711
<b>WRITE</b>	1200 W 3 <sup>rd</sup> St Little Rock, AR 72201-1904
<b>WEBSITE</b>	<a href="https://insurance.arkansas.gov/pages/consumer-services/senior-health/">https://insurance.arkansas.gov/pages/consumer-services/senior-health/</a>



<b>Method</b>	<b>Delaware   Delaware Medicare Assistance Bureau (DMAB) – Contact Information</b>
<b>CALL</b>	1-800-336-9500
<b>TTY</b>	711
<b>WRITE</b>	1351 West North St, Ste 101 Dover, DE 19904
<b>WEBSITE</b>	<a href="https://insurance.delaware.gov/divisions/dmab/">https://insurance.delaware.gov/divisions/dmab/</a>

<b>Method</b>	<b>Florida   Serving Health Insurance Needs of Elders (SHINE) – Contact Information</b>
<b>CALL</b>	1-800-963-5337
<b>TTY</b>	1-800-955-8770
<b>WRITE</b>	4040 Esplanade Way, Ste 270 Tallahassee, FL 32399-7000
<b>WEBSITE</b>	<a href="http://www.flordiashine.org/">http://www.flordiashine.org/</a>

<b>Method</b>	<b>Georgia   GeorgiaCares - State Health Insurance Assistance Program (SHIP) – Contact Information</b>
<b>CALL</b>	1-866-552-4464
<b>TTY</b>	711
<b>WRITE</b>	2 Peachtree St NW, 33rd Floor Atlanta, GA 30303
<b>WEBSITE</b>	<a href="https://www.mygeorgiacares.org/">https://www.mygeorgiacares.org/</a>

<b>Method</b>	<b>Hawaii   Hawaii State Health Insurance Assistance Program (SHIP) – Contact Information</b>
<b>CALL</b>	1-888-875-9229
<b>TTY</b>	1-866-810-4379



<b>WRITE</b>	250 S Hotel St, Ste 406 Honolulu, HI 96813
<b>WEBSITE</b>	<a href="https://www.hawaiiiship.org/">https://www.hawaiiiship.org/</a>

<b>Method</b>	<b>Illinois   Senior Health Insurance Program (SHIP) – Contact Information</b>
<b>CALL</b>	1-800-252-8966
<b>TTY</b>	1-888-206-1327
<b>WRITE</b>	One Natural Resources Way, Ste 100 Springfield, IL 62702-1271
<b>WEBSITE</b>	<a href="https://www2.illinois.gov/aging/ship/Pages/default.aspx">https://www2.illinois.gov/aging/ship/Pages/default.aspx</a>

<b>Method</b>	<b>Indiana   State Health Insurance Assistance Program (SHIP) – Contact Information</b>
<b>CALL</b>	1-800-452-4800
<b>TTY</b>	1-866-846-0139
<b>WRITE</b>	311 W Washington St, Ste 300 Indianapolis, IN 46204-2787
<b>WEBSITE</b>	<a href="https://www.in.gov/idoi/2495.htm">https://www.in.gov/idoi/2495.htm</a>

<b>Method</b>	<b>Kansas   Senior Health Insurance Counseling for Kansas (SHICK) – Contact Information</b>
<b>CALL</b>	1-800-860-5260
<b>TTY</b>	711
<b>WRITE</b>	New England Building 503 S Kansas Ave Topeka, KS 66603-3404
<b>WEBSITE</b>	<a href="http://www.kdads.ks.gov/commissions/commission-on-aging/medicare-programs/shick">http://www.kdads.ks.gov/commissions/commission-on-aging/medicare-programs/shick</a>



<b>Method</b>	<b>Kentucky   State Health Insurance Assistance Program (SHIP) – Contact Information</b>
<b>CALL</b>	1-877-293-7447
<b>TTY</b>	711
<b>WRITE</b>	275 E Main St, 3E-E Frankfort, KY 40621
<b>WEBSITE</b>	<a href="https://chfs.ky.gov/agencies/dail/pages/ship.aspx">https://chfs.ky.gov/agencies/dail/pages/ship.aspx</a>

<b>Method</b>	<b>Louisiana   Senior Health Insurance Information Program (SHIIP) – Contact Information</b>
<b>CALL</b>	1-800-259-5300
<b>TTY</b>	711
<b>WRITE</b>	1702 N Third St P.O. Box 94214 Baton Rouge, LA 70802
<b>WEBSITE</b>	<a href="http://www.ldi.la.gov/consumers/senior-health-shiip">http://www.ldi.la.gov/consumers/senior-health-shiip</a>

<b>Method</b>	<b>Maryland   State Health Insurance Assistance Program (SHIP) – Contact Information</b>
<b>CALL</b>	1-800-243-3425
<b>TTY</b>	711
<b>WRITE</b>	301 W Preston St, Ste 1007 Baltimore, MD 21201
<b>WEBSITE</b>	<a href="https://.aging.maryland.gov/Pages/state-health-insurance-program.aspx">https://.aging.maryland.gov/Pages/state-health-insurance-program.aspx</a>

<b>Method</b>	<b>Massachusetts   Serving Health Insurance Needs of Everyone (SHINE) – Contact Information</b>
<b>CALL</b>	1-800-243-4636
<b>TTY</b>	1-877-610-0241



<b>WRITE</b>	One Ashburton Pl, 5th Floor Boston, MA 02108
<b>WEBSITE</b>	<a href="https://www.mas.gov/health-insurance-counseling">https://www.mas.gov/health-insurance-counseling</a>

<b>Method</b>	<b>Minnesota   Minnesota State Health Insurance Assistance Program (SHIP) – Contact Information</b>
<b>CALL</b>	1-800-333-2433
<b>TTY</b>	1-800-627-3529
<b>WRITE</b>	N/A
<b>WEBSITE</b>	<a href="https://www.minnesotahelp.info/Index">https://www.minnesotahelp.info/Index</a>

<b>Method</b>	<b>Mississippi   State Health Insurance Assistance Program (SHIP) – Contact Information</b>
<b>CALL</b>	1-844-822-4622
<b>TTY</b>	711
<b>WRITE</b>	200 S Lamar St Jackson, MS 39201
<b>WEBSITE</b>	<a href="http://www.mdhs.ms.gov/adults-seniors/services-for-seniors/state-health-insurance-assistance-program/">http://www.mdhs.ms.gov/adults-seniors/services-for-seniors/state-health-insurance-assistance-program/</a>

<b>Method</b>	<b>Missouri   CLAIM, State Health Insurance Assistance Program (SHIP) – Contact Information</b>
<b>CALL</b>	1-800-390-3330
<b>TTY</b>	711
<b>WRITE</b>	4215 Philips Farm Rd, Ste 101-A Columbia, MO 65201
<b>WEBSITE</b>	<a href="http://missouricclaim.org/">http://missouricclaim.org/</a>



<b>Method</b>	<b>Montana   Montana State Health and Insurance Assistance Program (SHIP) – Contact Information</b>
<b>CALL</b>	1-800-551-3191
<b>TTY</b>	711
<b>WRITE</b>	1100 N Last Chance Gulch, 4th Floor Helena, MT 59601
<b>WEBSITE</b>	<a href="https://dphhs.mt.gov/SLTC/aging/SHIP.aspx">https://dphhs.mt.gov/SLTC/aging/SHIP.aspx</a>

<b>Method</b>	<b>New Hampshire   New Hampshire State Health Insurance Assistance Program (SHIP) – ServiceLink Resource Center – Contact Information</b>
<b>CALL</b>	1-866-634-9412
<b>TTY</b>	711
<b>WRITE</b>	N/A
<b>WEBSITE</b>	<a href="http://www.servicelink.nh.gov/medicare/index.htm">http://www.servicelink.nh.gov/medicare/index.htm</a>

<b>Method</b>	<b>New Mexico   New Mexico ADRC – State Health Insurance Assistance Program (SHIP) – Contact Information</b>
<b>CALL</b>	1-800-432-2080
<b>TTY</b>	1-505-476-4937
<b>WRITE</b>	2550 Cerillos Rd Sante Fe, NM 87505
<b>WEBSITE</b>	<a href="http://www.nmaging.state.nm.us/">http://www.nmaging.state.nm.us/</a>

<b>Method</b>	<b>Nevada   State Health Insurance Assistance Program (SHIP) – Contact Information</b>
<b>CALL</b>	1-800-307-4444
<b>TTY</b>	711



<b>WRITE</b>	3416 Goni Rd, Ste D-132 Carson City, NV 89706
<b>WEBSITE</b>	<a href="http://adsd.nv.gov/Programs/Seniors/SHIP/SHIP_Prog/">http://adsd.nv.gov/Programs/Seniors/SHIP/SHIP_Prog/</a>

<b>Method</b>	<b>North Carolina   Seniors' Health Insurance Information Program (SHIIP) – Contact Information</b>
<b>CALL</b>	1-855-408-1212
<b>TTY</b>	711
<b>WRITE</b>	325 N Salisbury St Raleigh, NC 27603
<b>WEBSITE</b>	<a href="http://www.ncshiip.com/">http://www.ncshiip.com/</a>

<b>Method</b>	<b>North Dakota   State Health Insurance Counseling Program (SHIC) – Contact Information</b>
<b>CALL</b>	1-888-575-6611
<b>TTY</b>	1-800-366-6888
<b>WRITE</b>	600 E Boulevard Ave Bismarck, ND 58505-0320
<b>WEBSITE</b>	<a href="http://www.nd.gov/ndins/shic/">http://www.nd.gov/ndins/shic/</a>

<b>Method</b>	<b>Ohio   Senior Insurance Information Program (OSHIIP) – Contact Information</b>
<b>CALL</b>	1-800-686-1578
<b>TTY</b>	1-614-644-3745
<b>WRITE</b>	50 W Town St, Ste 300 Columbus, OH 43215
<b>WEBSITE</b>	<a href="http://www.insurance.ohio.gov">http://www.insurance.ohio.gov</a>





<b>Method</b>	<b>Oklahoma   Senior Health Insurance Counseling Program (SHIP) – Contact Information</b>
<b>CALL</b>	1-800-763-2828
<b>TTY</b>	711
<b>WRITE</b>	400 NE 50th Street Oklahoma City, OK 73105
<b>WEBSITE</b>	<a href="http://www.map.oid.ok.gov">http://www.map.oid.ok.gov</a>

<b>Method</b>	<b>Oregon   Senior Health Insurance Benefits Assistance (SHIBA) – Contact Information</b>
<b>CALL</b>	1-800-722-4134
<b>TTY</b>	711
<b>WRITE</b>	P.O. Box 14480 Salem, OR 97309
<b>WEBSITE</b>	<a href="http://www.oregonshiba.org">http://www.oregonshiba.org</a>

<b>Method</b>	<b>Pennsylvania   APPRISE – Pennsylvania State Health Assistance Program – Contact Information</b>
<b>CALL</b>	1-800-783-7067
<b>TTY</b>	711
<b>WRITE</b>	555 Walnut St, 5th Floor Harrisburg, PA 17101-1919
<b>WEBSITE</b>	<a href="https://www.aging.pa.gov/aging-services/medicare-counseling/Pages/default.aspx">https://www.aging.pa.gov/aging-services/medicare-counseling/Pages/default.aspx</a>

<b>Method</b>	<b>Rhode Island   Senior Health Insurance Program (SHIP) – Contact Information</b>
<b>CALL</b>	1-888-884-8721
<b>TTY</b>	1-401-462-0740



<b>WRITE</b>	25 Howard Ave, Bldg 57 Cranston, RI 02920
<b>WEBSITE</b>	<a href="http://oha.ri.gov/">http://oha.ri.gov/</a>

<b>Method</b>	<b>South Carolina   State Health Insurance Assistance Program (SHIP) – Contact Information</b>
<b>CALL</b>	1-800-868-9095
<b>TTY</b>	711
<b>WRITE</b>	1301 Gervais St, Ste 350 Columbia, SC 29201
<b>WEBSITE</b>	<a href="http://aging.sc.gov/">http://aging.sc.gov/</a>

<b>Method</b>	<b>South Dakota   Senior Health Information and Insurance Education (SHINE) – Contact Information</b>
<b>CALL</b>	1-800-536-8197
<b>TTY</b>	711
<b>WRITE</b>	700 Governors Dr Pierre, SD 57501-2291
<b>WEBSITE</b>	<a href="http://shiine.net/">http://shiine.net/</a>

<b>Method</b>	<b>Texas   Texas Health Information, Counseling and Advocacy Program (HICAP) – Contact Information</b>
<b>CALL</b>	1-800-252-9240
<b>TTY</b>	1-800-735-2989
<b>WRITE</b>	701 W 51 <sup>st</sup> St, MC: W275 Austin, TX 78751
<b>WEBSITE</b>	<a href="https://hhs.texas.gov/services/health/medicare">https://hhs.texas.gov/services/health/medicare</a>



<b>Method</b>	<b>Utah   State Health Insurance Assistance Program (SHIP) – Contact Information</b>
<b>CALL</b>	1-800-541-7735
<b>TTY</b>	711
<b>WRITE</b>	195 N 1950 W Salt Lake City, UT 84116
<b>WEBSITE</b>	<a href="https://daas.utah.gov/seniors/#shiip">https://daas.utah.gov/seniors/#shiip</a>

<b>Method</b>	<b>Washington, D.C.   Health Insurance Counseling Project (HICP) – Contact Information</b>
<b>CALL</b>	1-202-727-8370
<b>TTY</b>	711
<b>WRITE</b>	500 K St NE Washington, DC 20002
<b>WEBSITE</b>	<a href="https://dcoa.dc.gov/service/dc-state-health-insurance-assistance-program-ship">https://dcoa.dc.gov/service/dc-state-health-insurance-assistance-program-ship</a>

<b>Method</b>	<b>West Virginia   State Health Insurance Assistance Program (SHIP) – Contact Information</b>
<b>CALL</b>	1-877-987-4463
<b>TTY</b>	711
<b>WRITE</b>	1900 Kanawha Blvd E Charleston, WV 25305
<b>WEBSITE</b>	<a href="http://www.wvship.org">http://www.wvship.org</a>



<b>Method</b>	<b>Wyoming   Wyoming State Health Insurance Information Program (WSHIIP) – Contact Information</b>
<b>CALL</b>	1-800-856-4398
<b>TTY</b>	711
<b>WRITE</b>	106 W Adams Ave Riverton, WY 82501
<b>WEBSITE</b>	<a href="http://www.wyomingseniors.com/services/wyoming-state-health-insurance-information-program">http://www.wyomingseniors.com/services/wyoming-state-health-insurance-information-program</a>