



## **STATE HEALTH INSURANCE INFORMATION FOR SENIORS**

The Washington State Office of the Insurance Commissioner is home to SHIBA, a popular consumer HelpLine. You can contact SHIBA toll-free statewide at 1-800-397-4422. You can leave your name and address there, or you can contact them by way of an e-mail with information and questions. Either way, SHIBA HelpLine's referral system will help set you up with a SHIBA HelpLine volunteer in your own community or nearby town.

Click here for the SHIBA home page  
[www.insurance.wa.gov/consumers/shiba](http://www.insurance.wa.gov/consumers/shiba)

### **Popular SHIBA Consumer Publications:**

- Discount Plans for Health Care and Prescription Drug Services Fact Sheet
- Health Insurance Options for Consumers with Disabilities
- Health Insurance Options in the Individual Market
- Paying for Prescription Drugs
- Plan Comparison Chart
- Approved Medigap (Medicare Supplement) Plans
- Authorized Long Term Care Insurers in Washington State
- Medicare A and B Charts
- Medicare and Choice Plans 2003
- Ten Standardized Medigap Plans Charts

**Please Note:** Information about health plans for seniors changes frequently. Check with SHIBA for the latest information. You can click on the SHIBA web site above or call 1-800-397-4422.

You can view the publications on line on the SHIBA web site at ([www.insurance.wa.gov/consumers/shiba](http://www.insurance.wa.gov/consumers/shiba)) or order a copy to receive in the mail by calling the Insurance Commissioner's Consumer Advocacy Division to have them mailed to you. Simply call toll-free 1-800-562-6900.