



STATE HEALTH INSURANCE INFORMATION

The Washington State Office of the Insurance Commissioner sponsors SHIBA, the Statewide Health Insurance Benefits Advisors. SHIBA HelpLine is a statewide network of trained volunteers who educate, assist and advocate for consumers about their rights and options regarding health insurance, so they can make informed choices. SHIBA offers a number of popular publications available free via its website at <http://www.insurance.wa.gov/shibahelpline.htm>.

PUBLICATIONS INCLUDE:

- Discount Plans for Health Care and Prescription Drug Services
(updated 3-21-02)
- Health Insurance Options for Consumers with Disabilities
(updated 6-02-02)
- Health Insurance Options in the Individual Market
(updated 2-25-02)
- Paying for Prescription Drugs
(updated 6-02-02)
- Plan Comparison Chart
(updated 2-25-02)
- Approved Medigap (Medicare Supplement) Plans
(updated 12-30-02)
- Authorized LTC Insurers in Washington State
(updated 2-25-02)
- Medicare A and B Charts
(updated 12-30-02)
- Medicare and Choice Plans 2003
(updated 12-30-02)
- 10 Standardized Medigap Plans Charts
(updated 2-25-02)

Call SHIBA HelpLine at 800-572-4357

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