

What is Medicare?

Medicare is the federal health insurance program for people who are 65 or older, certain younger people with disabilities, and people with end-stage renal disease.

Get free, expert help

SHIBA counselors:

- Provide information about Medicare, including what health and prescription drug plans are available to you.
- Help with Medicare appeals and complaints.
- Educate you on how to protect your Medicare card and identity number, as well as how to report wrongful billing and fraud, waste and abuse.

Spread the word!

Do you have a family member or friend who is ready to sign up for Medicare? Do you know someone who is a caregiver to someone who is eligible for Medicare? Let them know help is available at [SHIBA.Oregon.gov](https://www.shiba.oregon.gov) or at 800-722-4134 (toll-free).

Stay connected

Visit [SHIBA.Oregon.gov](https://www.shiba.oregon.gov) to get more detailed information about Medicare programs and counseling opportunities and to schedule group presentations. Follow SHIBA on Facebook to get the latest news: <https://www.facebook.com/OregonSHIBA>

Volunteer opportunities

SHIBA's success is built on a network of certified counselors who volunteer all across Oregon. Call 800-722-4134 (toll-free) or visit [SHIBA.Oregon.gov](https://www.shiba.oregon.gov) for a volunteer counselor application.

You can get this document in other languages, large print, braille or a format you prefer. Contact the Senior Health Insurance Benefits Assistance (SHIBA) program at 800-722-4134 or shiba.oregon@dhsosha.state.or.us. We accept all relay calls or you can dial 711.



SHIP
State Health Insurance
Assistance Program

ODHS 3985A (12/2021)

Get Free Help with Medicare



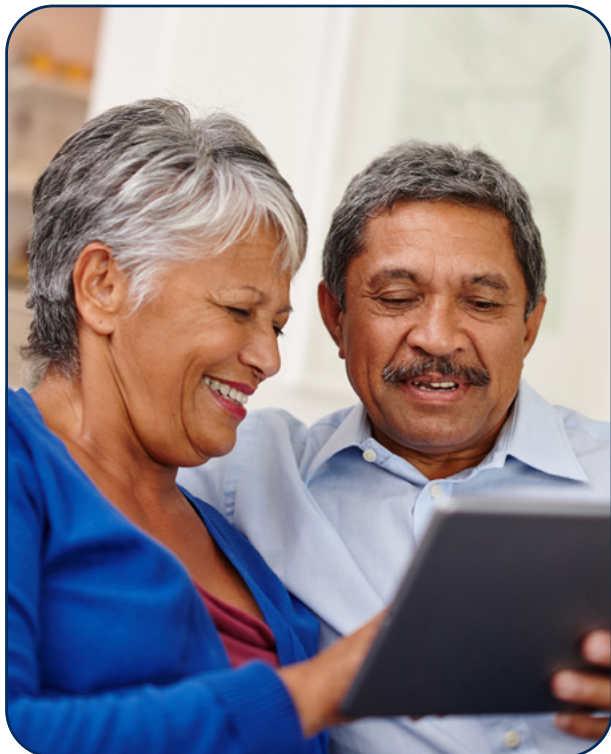
Medicare starts at 65 for everyone.*
Make sure you're ready. Late enrollment may result in lifetime premium penalties.

* If you are covered by an employer group health plan through active work (your own or your spouse's), you may delay enrolling in Medicare without penalty.

About SHIBA

The Senior Health Insurance Benefits Assistance (SHIBA) program is a federally funded state program that offers free, objective and local one-on-one health insurance counseling and assistance to people with Medicare and their families. SHIBA is a program within the Oregon Department of Human Services. Certified counselors help people make informed decisions about their health insurance.

Free help is available to people ready to sign up for Medicare, people already on Medicare, and their advocates.



SHIBA counseling sites

Baker County

800-722-4134 (toll-free)

Benton County

541-812-0849

Clackamas County

503-655-8269 (option 4)
(closed Fridays)

Clatsop County

503-861-4200
800-442-8614 (toll-free)

Columbia County

503-846-3094 (message)

Coos County

541-269-2013

Crook County

541-678-5483
877-704-4567 (toll-free)

Curry County

541-269-2013

Deschutes County

541-678-5483
877-704-4567 (toll-free)

Douglas County

541-492-2102

Gilliam County

541-288-8341

Grant County

800-722-4134 (toll-free)

Harney County

541-573-6024

Hood River County

541-288-8341

Jackson County

541-857-7780

Jefferson County

541-678-5483
877-704-4567 (toll-free)

Josephine County

541-956-4472

Klamath County

541-883-7171

Lake County

541-883-7171

Lane County

541-736-4421

Lincoln County

541-574-2684

Linn County

541-812-0849

Malheur County

800-722-4134 (toll-free)

Marion County

503-304-3479 (message)
800-469-8772 (toll-free)

Morrow County

541-667-3509

Multnomah County

503-988-3646

Polk County

503-831-0581

Sherman County

541-288-8341

Tillamook County

503-842-2770

Umatilla County

541-667-3509

Union County

800-722-4134 (toll-free)

Wallowa County

800-722-4134 (toll-free)

Wasco County

541-288-8341

Washington County

503-846-3094 (message)

Wheeler County

541-288-8341

Yamhill County

503-472-9441