

**State Health Insurance Assistance Programs (SHIPs) help you navigate the complexities of Medicare.**

**[shiphelp.org](http://shiphelp.org)**

*SHIPs provide local, in-depth, and unbiased insurance counseling and assistance to Medicare-eligible individuals, their families, and caregivers. There is **no** charge to consumers for this assistance.*

## **Find Your SHIP**

Use the **SHIP** website locator ([shiphelp.org](http://shiphelp.org)) or call [1-877-839-2675](tel:1-877-839-2675).

**SHIPs** are federally funded by the [U.S. Administration for Community Living](http://www.hhs.gov/ashpr/).

The **SHIP mission** is to empower, educate, and assist Medicare-eligible individuals through objective outreach, counseling, and training.

The **SHIP vision** is to be the known and trusted community resource for Medicare information.

There are 54 SHIPs (one in each of the 50 states, Puerto Rico, Guam, the District of Columbia, and the U.S. Virgin Islands). SHIP services are delivered by state units on aging or state departments of insurance in partnership with their local area agencies on aging and other community-based partners. Your SHIP may go by a different name or acronym, such as HICAP, SHICK, SHINE, or VICAP, to name a few

This material is for informational purposes only and does not constitute medical, legal, or financial advice. Consult qualified professionals for specific guidance.