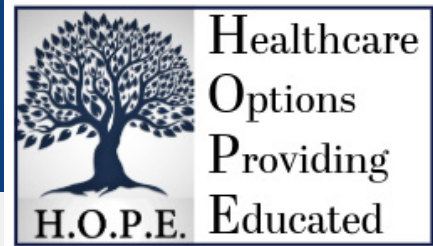


# Medicare 101

## A Simple Guide



**Solutions**  
[www.nmhope.com](http://www.nmhope.com)

### What is Medicare?

Medicare is a federal health insurance program for:

- People age 65 or older
- Individuals under 65 with certain disabilities
- People of any age with End-Stage Renal Disease (ESRD) or ALS

### The Four Parts of Medicare

#### Part A

#### Hospital Insurance

**Covers:** in patient hospital stays, skilled nursing facility care, hospice care, and some home health services

**Cost:** Usually free if you (or your spouse) paid Medicare taxes for at least 10 years

#### Part B

#### Medical Insurance

**Covers:** doctor visits, outpatient care, preventive services, medical equipment

**Cost:** Monthly premium (varies based on income)

#### Part C

#### Medicare Advantage

- All-in-one plans from private insurers that combine Parts A & B, often with Part D and extra benefits (like dental, vision, hearing)
- May include HMO or PPO networks; costs and coverage vary by plan

#### Part D

#### Prescription Drug Coverage

- Helps pay for prescription medications
- Offered by private insurers; monthly premiums and copays vary
- **Important:** Late enrollment may lead to penalties

### What is Medigap?

Also called Medicare Supplement Insurance, Medigap helps pay out-of-pocket costs not covered by Original Medicare (Parts A & B) like copays, coinsurance, and deductibles.:

- You **must** have Parts A & B to enroll
- Plans are standardized but offered by private companies
- **Cannot be combined with Medicare Advantage**

*Choosing a Medicare plan can feel overwhelming - you don't have to do it alone. Call **HOPE Solutions** today!*

### When to Enroll?

Initial Enrollment Period (IEP)

- Starts **3 months before** your 65th birthday
- Includes your **birth month**
- Ends **3 months after** your birthday

Missing IEP could lead to late penalties, so don't wait!

#### Contact Us

**(505) 259-9034**

**[Carmen.Good@outlook.com](mailto:Carmen.Good@outlook.com)**