

## **U.S. FORUM CONNECTION #118, OCTOBER 2013**

This publication is intended for your information about issues important to education, women and children. How you choose to use the information included here is up to you.

This free newsletter is sponsored by the United States Forum of The Delta Kappa Gamma Society International. The Delta Kappa Gamma Society International is an organization of leading women educators with over 90,000 members. Delta Kappa Gamma members wishing to subscribe to this FREE newsletter should send a request to [Bedenbaugh.Angela@gmail.com](mailto:Bedenbaugh.Angela@gmail.com). We urge you to share this newsletter with other interested individuals who are not members of Delta Kappa Gamma or members who do not subscribe to this publication.

### **IN THIS ISSUE**

**HEALTH CARE COVERAGE  
SAVING ON MEDICARE PART D  
NATIONAL LEGISLATIVE SEMINAR**

### **HEALTH CARE COVERAGE**

Those persons who already have health insurance (Medicare, Medicaid, Veterans Health Plans, or those who already have any other type of medical insurance) are unaffected by the new health care law.

Current actions in the U.S. Congress do not affect your ability to select a health care plan. Almost all of the federal money allotted to the states has already been received.

If you do not have any health care coverage the timeline for the new health insurance program is shown below.

October 1, 2013 – March 31, 2014 -- open enrollment through health care exchanges  
January 1, 2014 – coverage begins

To find out what plans are available in your state go to [www.Healthcare.gov](http://www.Healthcare.gov). After answering a series of questions the various plans available to you will appear. A helpline which is manned 24 hours a day can answer any questions you may have. The telephone number for the help line is [1-800-318-2596](tel:1-800-318-2596). Keep in mind that the closer to January 1, the longer the wait time to get information by telephone. (Note: Give it a day or two now as they work out the glitches in the system.)

**DO NOT GIVE ANY INFORMATION TO AN UNKNOWN PERSON WHO CONTACTS YOU BY PHONE ABOUT HEALTH INSURANCE. THE NEW HEALTH CARE PLAN IS THE TYPE OF SITUATION WHICH BRINGS OUT THE SCAM ARTISTS IN FORCE. DEAL ONLY WITH THE GOVERNMENT WEB SITE OR THE PERSONEL AT THE GOVERNMENT TELEPHONE NUMBER ([1-800-318-2596](tel:1-800-318-2596)) WHEN YOU INITIATE THE CALL.**

## **SAVING ON MEDICARE PART D**

There is a government web site which can be used to save money on Medicare Part D Prescription Drugs. To utilize this source go to <https://www.medicare.gov/find-a-plan/questions/home.aspx>, I recommend you use the "General Search" option, Before you start you should have a list of prescription drugs you are taking. This should be those you are taking for a long period of time on a regular basis for example blood pressure pills, arthritis drugs, diabetic medications, thyroid medication, acid reflux prescriptions, etc. You need to check this site every year as plans can change costs for a specific drug. Also some prescription drugs become available in generic form which is much cheaper than getting a brand name drug. The availability of generic drugs is part of the reason why changes in the cost of various prescriptions take place each year. Editor's note: I saved \$1,000 this year by using the information obtained from this site.

## **NATIONAL LEGISLATIVE SEMINAR**

The National Legislative Seminar (NLS) occurs biennially. The next NLS will be held March 16th-19th, 2014 at the Holiday Inn, National Airport, 2650 Jefferson Davis Hwy, Arlington, VA. The NLS registration form is available at <http://www.deltakappagamma.org/US-Forum/File%20Sharing/files/2014%20NLS%20Reg%20Form.pdf>.

\*\*\*\*\*

## **FORUM FACEBOOK PAGE LINK**

For those of you desiring discussion of legislative topics there is a U. S. Forum Facebook page online at <http://www.facebook.com/DKG.US.Forum>

**FORUM WEB SITE** <http://bit.ly/DKGUSF>

\*\*\*\*\*

## **CONTACT ADDRESSES FOR GOVERNMENT INFORMATION**

U.S. GOVERNMENT CONTACT INFORMATION can be obtained through Congressional Switchboard [1-866-327-8670](tel:1-866-327-8670) [this is a toll free number]. You can contact your Congressman and Senator through this number without paying long distance charges.

<http://www.house.gov/> for members of the House of Representatives <http://www.senate.gov/> for members of the U.S. Senate  
White House [1-202-456-1111](tel:1-202-456-1111)

STATE GOVERNMENT CONTACT INFORMATION can be obtained through <http://www.emailyourgovernor.com/> Information available at this site allows contact with governors, members of the state legislature, state supreme court, congressional delegation and state agencies such as the Education Department, Attorney General, Motor Vehicles Department and Voter Registration. PLEASE NOTE THAT SOME OF THIS INFORMATION MAY BE OUT OF DATE