

# Preparing for your Annual Enrollment HICAP Counseling Appointment 2024



## Please bring the following to your appointment:

1. Your MyMedicare account user name and password. If you don't have an account and need help setting one up, please contact us. Otherwise we can help you create one at your appointment.
2. Your Medicare card and any other health insurance cards (e.g., prescription drug plan, Medigap plan, Advantage plan, Medi-Cal, employer/retiree plan)
3. Drug worksheet or a list of all your drugs with specific dosages, quantities, and frequency of refills. The drug worksheet is attached for your convenience. If you can't print it out, you can also pick one up at the lobby of 400 Ellinwood Way, Pleasant Hill, or we can mail it.
4. Fill out the Drug Worksheet completely, making sure that you:
  - ☐ List your preferred pharmacy and whether you get 30 day refills or 90 day refills.
  - ☐ List the full name of each of your drugs along with the dosage and frequency information. See note on worksheet on how to show drugs that are in vials, tubes, inhalers, etc.
  - ☐ Indicate whether generics are okay.

**Contra Costa County Health Insurance Counseling and Advocacy Program (HICAP)**

**Contact Us: (925) 655-1393, (800) 510-2020 or (800) 434-0222**

**Email: [ehsdhicap@ehsd.cccounty.us](mailto:ehsdhicap@ehsd.cccounty.us) Visit: [www.cchicap.org](http://www.cchicap.org)**



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