



Solid Ground's Statewide Health Insurance Benefits Advisors (SHIBA) volunteers can help you understand your Medicare rights and options, including Medicare, Medigap, and Medicare Advantage plans.

Our volunteers can give you **FREE**, unbiased, and confidential help understanding your Medicare rights and options so you can choose the best plan to meet your needs.

SHIBA volunteers can...

- **Help you enroll** in Medicare.
- **Assess your Medicare** coverage needs.
- **Determine if you qualify** for low-income programs to help pay for Medicare.
- **Compare different Medicare plans**, including coverage and prices.
- **Refer you** to other agencies and programs.
- **Collect and report** possible Medicare fraud complaints.

Get connected with SHIBA!
shiba@solid-ground.org
206.753.4806

SHIBA PRESENTATIONS

Throughout the year, we offer both in-person and virtual *Welcome to Medicare* information sessions. At the end of each year, we also host *Medicare Open Enrollment* presentations.

Join us to learn about your options! Scan the QR code to see our list of upcoming in-person and virtual sessions.



SHIBA is sponsored locally by Solid Ground in partnership with Washington state's Office of the Insurance Commissioner (OIC).



QUESTIONS & MORE INFO

PHONE: 206.753.4806

EMAIL: shiba@solid-ground.org

WEB: solid-ground.org/medicare-info

Interpretation services and reasonable accommodations for disabilities made on request.

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**Solid Ground's
 Statewide Health
 Insurance Benefits
 Advisors (SHIBA)**



In-Person SHIBA Counseling Sites (by appointment only)

Solid Ground's SHIBA partners with community organizations throughout King County to offer in-person counseling (appointments required).

Details can change, so scan the QR code for the most current dates, times, and locations.



"I want to say how helpful SHIBA is. I had an in-person meeting last year about Medicare Advantage and some questions on the phone today. Both representatives had all the answers. I am a retired nurse practitioner, and even I get confused about Medicare decisions. You are STELLAR!"

EAST

Mini City Hall

Crossroads Shopping Center
15600 NE 8th St, Ste E1, Bellevue, WA 98008
Call 425.452.2800

NORTH/NORTHEAST

EvergreenHealth Hospital

11800 NE 128th St, Ste 510, Kirkland, WA, 98034
Call 425.899.3200 (then press 2, then 1)

Kenmore Senior Center

6910 NE 170th St, Kenmore, WA 98028
Call 425.489.0707

Northshore Senior Center

10201 E Riverside Dr, Bothell, WA 98011
Call 425.286.1043

Peter Kirk Community Center

352 Kirkland Ave, Kirkland, WA 98033
Call 425.587.3360

SEATTLE

Greenwood Senior Center

525 N 85th St, Seattle, WA 98103
Call 206.297.0875

Wallingford Community Senior Center

4649 Sunnyside Ave N, Ste 140, Seattle, WA 98103
Call 206.461.7825

SOUTH

Auburn Senior Activity Center

808 9th St SE, Auburn, WA 98002
Call 253.931.3016

Burien Community Center

14700 6th Ave SW, Burien, WA 98166
Call 206.988.3700

Des Moines Activity Center

2045 S 216th St, Des Moines, WA 98198
Call 206.878.1642

Federal Way Community Center

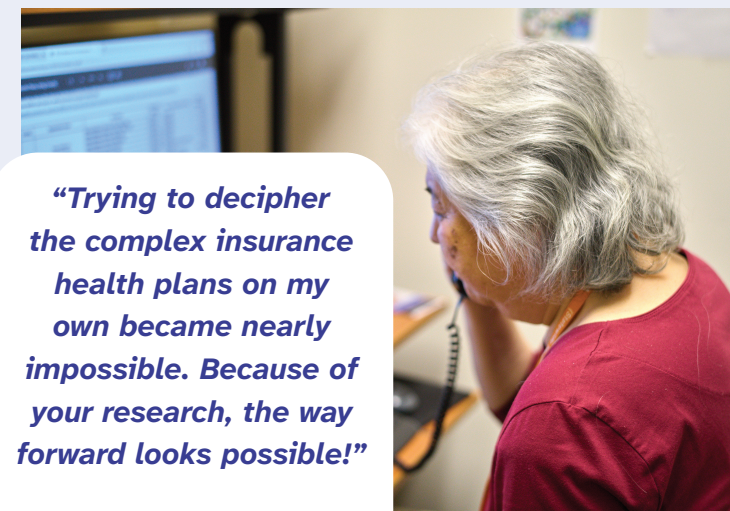
876 S 333rd St, Federal Way, WA 98003
Call 253.835.6925

Kent Senior Activity Center

600 E Smith St, Kent, WA 98030
Call 253.856.5150

SeaTac Community Center

13735 24th Ave S, SeaTac, WA 98168
Call 206.973.4690



"Trying to decipher the complex insurance health plans on my own became nearly impossible. Because of your research, the way forward looks possible!"