

The Post Rock Connection
Post Rock Extension District #1 Family and Consumer Sciences Column
Month of October 2023
By Brenda Langdon, Family Resource Management Agent

Medicare Open Enrollment

It's the time of year to begin thinking about Medicare Open Enrollment. Medicare beneficiaries should review their prescription drug coverage and make changes, if your current plan no longer meets your needs or if you could lower your out-of-pocket expenses. All Medicare drug plans must give at least a standard level of coverage set by Medicare. Medicare drug plans may differ in the prescription drugs they cover, how much you have to pay and which pharmacies you can use. It's a good idea to compare plans in your area and choose one that meets your needs.

The open enrollment period for Medicare Part D Prescription Drug plans begins October 15 and ends December 7, with coverage beginning January 1. During this time, you can make changes to your Part D coverage for next year. Fall Open Enrollment is the time to review what you have, compare it with other options, and make sure that your current coverage will meet your needs for the coming year.

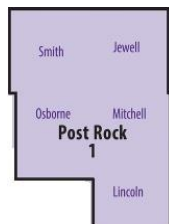
Be sure to read over the annual notice of change, that you received in the mail, from your current drug company. It will tell you what changes will be in effect January 1st, such as drug coverage and monthly costs. If you are unhappy with any of your plan's changes, you can enroll in a new plan. You should consider making changes to your prescription drug plan, if it no longer meets your needs or if you could lower your out-of-pocket expenses. Unbiased assistance is available by a SHICK, Senior Health Insurance Counseling for Kansas. Counseling is available at K-State Research and Extension's Post Rock District offices in Osborne, Lincoln, Mankato, Smith Center and Beloit. As a SHICK counselor I am available to meet with consumers for

personalized free counseling sessions to change your Part D Prescription Drug Plan, assist with problems and questions, and provide support during the decision-making process.

During your appointment we will make sure all your prescription medications are on the plan formulary in 2024, and that your pharmacy is still in the plan network. Costs such as deductibles and copays can change from year to year. Using the plan finder, we can identify whether your current plan will best meet your needs for 2024 and compare it to other options that are available. The goal is to make sure you understand how your plan works and to make an informed decision.

Contact your local Post Rock District Extension office to schedule an appointment or email me at bklangdon@ksu.edu to go over your medications to determine what prescription plan is right for you.

The Post Rock District of K-State Research and Extension serves Jewell, Lincoln, Mitchell, Osborne, and Smith Counties. Contact Brenda at bklangdon@ksu.edu or by calling 785-346-2521. Stay connected with “Post Rock Extension” on Facebook, Twitter, Instagram, and YouTube. Our website is www.postrock.ksu.edu.



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