

NEBRASKA SHIP NEWSLETTER

Medicare & Your Mental Health Benefits

It can happen to anyone at any time.

Mental health conditions, like depression or anxiety, can affect anyone, especially during times of stress. It is important to talk to your doctor or health care provider if you have:

- Thoughts of ending your life
- Sad, empty, or hopeless feelings
- Lack of energy
- Trouble sleeping
- Weight loss or loss of appetite

What does Medicare cover?

Medicare Part A helps pay for mental health services when you are admitted as an inpatient in a general or psychiatric hospital. Part A will cover your room, meals, nursing care, therapy and other treatments, services and supplies necessary to treat your condition.

Medicare Part B helps pay for mental health visits and services you get outside of a hospital. Part B coverage includes:

- One depression screening per year
- Individual and group psychotherapy
- Medication management
- Opioid use disorder treatment
- One alcohol misuse screening per year

Medicare Part D helps cover drugs necessary to treat a mental health condition. Medicare drug plans are required to cover most antidepressant, anticonvulsants, and antipsychotic medications. If you take prescription drugs for a mental health condition, it's important to find out whether a plan covers your drugs before you enroll.

If you have a Medicare Advantage plan, your plan must cover the same inpatient and outpatient mental health services as Original Medicare, but may have prior authorization requirements or other rules and restrictions. For details you should contact your plan or review your plan's Evidence of Coverage.

What do you pay?

Medicare Part A's deductible is \$1,484 and pays for the first 60 days of a benefit period. Care after 60 days is available, with a daily copay.

Medicare Part B's annual deductible is \$203. Once met, you will pay 20% of the Medicare-approved amount for each service, if your health care professional accepts assignment.

Part D costs will vary depending on the drugs used, the plan in place, and the pharmacy used.

Medicare Advantage costs will vary depending on the plan in place. For details you should contact your plan or review your plan's Evidence of Coverage.

OUT21386

CALL NEBRASKA SHIP AT 1.800.234.7119

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UNDERSTANDING COVID-19 VACCINE

DOES MEDICARE COVER THE COVID-19 VACCINE?

Medicare covers FDA-approved COVID-19 vaccines

- A COVID-19 vaccine helps reduce the risk of illness from COVID-19 by working with the body's natural defenses to safely develop protection (immunity) to the virus.
- Medicare also covers COVID-19 tests, COVID-19 antibody tests, and COVID-19 monoclonal antibody treatments.

What should I know to get my vaccine?

- Medicare covers the COVID-19 vaccine at no cost to you.
- If anyone asks you to share your Medicare Number or pay for access to the vaccine, you can bet it's a scam.
- Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19-related treatment.
- Contact your local health department for information on how to sign up for the vaccine.
- For more information on Nebraska's vaccine plan visit dhhs.ne.gov/Pages/COVID-19-Vaccine-Information

OUT20370

NEBRASKA
SHIP

Report suspected Medicare Fraud
to the Nebraska SHIP!

1-800-234-7119

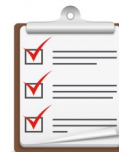
PROTECT Personal Information | **DETECT** Fraud and Scams | **REPORT** Your Concerns

Help Prevent Vaccine Scams!

Vaccine Don'ts - 4 Things to Look For:



Asks for Payment - Did you get an offer to get the vaccine in exchange for money?



Offers to put you on the list for a fee - Did you receive an offer stating you can get early access or put on a list for a fee?

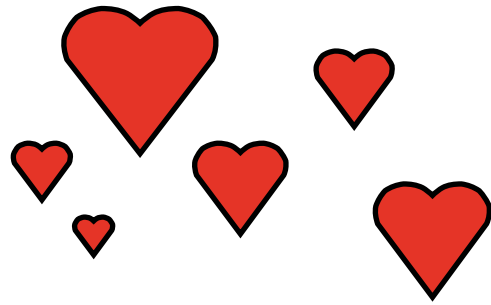
Medicare

Requests personal information - Did someone call claiming they need your Medicare number, bank account or other personal information in order to get the vaccine?

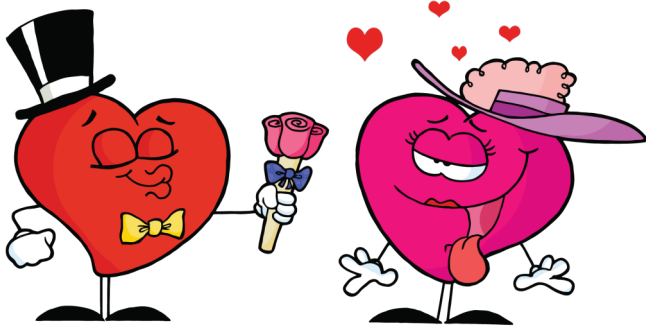


Unknown Websites - Did you get directed to visit an unfamiliar vaccine website?

If you answer YES to any of the above questions, contact Nebraska SHIP to report COVID vaccine scam.



**HAPPY
VALENTINES DAY**



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Find these words related to Medicare

DEDUCTIBLE

DEPRESSION

MEDICARE

ANXIETY

PHARMACY

PRESCRIPTION

PERIOD

HOSPITAL

THERAPY

SCREENING

COVERAGE

TREATMENT

ANTIDEPRESSANT

EVIDENCE

BENEFIT

SUPPLIES

SERVICES

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In February there is everything to hope for and nothing to regret. —Patience Strong

**NEBRASKA
SHIP**

**Contact Nebraska SHIP with questions
about your Medicare benefits.**

1-800-234-7119

Local help for Nebraskans with Medicare.