

**Contact Information:  
State Health Insurance  
Assistance Programs (SHIP)**



SHIP	Name and Address (Main Office)	Toll-free	Website
AK	Medicare Information Office Alaska Department of Health & Social Services 400 Gambell Street, Suite 303 Anchorage, Alaska 99501	1-800-478-6065 (in state); 1-907-269-3680 (out of state); TTY: 1- 800-770-8973	<a href="http://dhss.alaska.gov/dsds/Pages/medicare/default.aspx">http://dhss.alaska.gov/dsds/Pages/medicare/default.aspx</a>
AL	State Health Insurance Assistance Program (SHIP) AL Department of Senior Services, ADDS 201 Monroe Street, RSA Tower, Suite 350 Montgomery, Alabama 36130-1851	1-800-243-5463	<a href="http://www.alabamaageline.gov">http://www.alabamaageline.gov</a>
AR	Senior Health Insurance Information Program (SHIIP) Arkansas Insurance Department Department of Commerce #1 Commerce Way, Suite 102, Little Rock, AR 72202	1-800-224-6330	<a href="https://www.shiipar.com/landing-page/">https://www.shiipar.com/landing-page/</a>
AZ	Arizona State Health Insurance Assistance Program (SHIP) Division of Aging and Adult Services Arizona Department of Economic Security 1789 West Jefferson, Site Code 950A Phoenix, Arizona 85007	1-800-432-4040	<a href="https://des.az.gov/services/older-adults/medicare-assistance">https://des.az.gov/services/older-adults/medicare-assistance</a>
CA	California Health Insurance Counseling & Advocacy Program (HICAP) California Department of Aging 2880 Gateway Oaks Sacramento, California 95833	1-800-434-0222	<a href="https://www.aging.ca.gov/hicap/">https://www.aging.ca.gov/hicap/</a>

**Contact Information:  
State Health Insurance  
Assistance Programs (SHIP)**



SHIP	Name and Address (Main Office)	Toll-free	Website
CO	State Health Insurance Assistance Program (SHIP) Department of Regulatory Agencies 1560 Broadway, Suite 850 Denver, Colorado 80202	1-888-696-7213	<a href="https://doi.colorado.gov/insurance-products/health-insurance/senior-health-care-medicare">https://doi.colorado.gov/insurance-products/health-insurance/senior-health-care-medicare</a>
CT	Connecticut's Program for Health Insurance Assistance, Outreach, Information and Referral, Counseling, Eligibility Screening (CHOICES) Connecticut Department on Aging 55 Farmington Ave, 12th Floor Hartford, Connecticut 06105	1-800-994-9422 (in state only); (860) 424-5274 (out of state direct line)	<a href="https://portal.ct.gov/AgingandDisability/Content/Pages/Programs/CHOICES-Connecticuts-program-for-Health-insurance-assistance-Outreach-Information-and-referral-Couns">https://portal.ct.gov/AgingandDisability/Content/Pages/Programs/CHOICES-Connecticuts-program-for-Health-insurance-assistance-Outreach-Information-and-referral-Couns</a>
DC	DC SHIP DC Dept. of Aging and Community Living 250 E. St. SW Washington, DC 20024	(202) 727-8370	<a href="https://dcoa.dc.gov/service/dc-state-health-insurance-assistance-program-ship">https://dcoa.dc.gov/service/dc-state-health-insurance-assistance-program-ship</a>
DE	Delaware Medicare Assistance Bureau Department of Insurance 1351 West North St. Suite 101 Dover, Delaware 19904	1-800-336-9500	<a href="http://delawareinsurance.gov/DMAB/">http://delawareinsurance.gov/DMAB/</a>
FL	Serving Health Insurance Needs of Elders (SHINE) Florida Department of Elder Affairs 4040 Esplanade Way, Suite 280-S Tallahassee, Florida 32399	1-800-963-5337 TTY 1-800-955-8770	<a href="http://www.floridashine.org/">http://www.floridashine.org/</a>

**Contact Information:  
State Health Insurance  
Assistance Programs (SHIP)**



SHIP	Name and Address (Main Office)	Toll-free	Website
GA	Georgia State Health Insurance Assistance Program Georgia Department of Human Services Division of Aging Services 2 Peachtree Street, NW, Suite 33-101 Atlanta, Georgia 30303	1-866-552-4464 (option 4)	<a href="https://aging.georgia.gov/georgia-ship">https://aging.georgia.gov/georgia-ship</a>
GU	Guam Medicare Assistance Program (GUAM MAP) Guam Department of Public Health & Social Services 130 University Drive, University Castle Mall Mangilao, Guam 96913	1-671-735-7415	<a href="http://dphss.guam.gov/">http://dphss.guam.gov/</a>
HI	Hawaii SHIP Executive Office on Aging, Department of Health 250 S. Hotel Street, Suite 406 Honolulu, HI 96813-2831	1-888-875-9229 TTY 1-866-810-4379	<a href="http://www.hawaiihip.org">http://www.hawaiihip.org</a>
IA	Senior Health Insurance Information Program (SHIIP) Iowa Insurance Division Two Ruan Center, 601 Locust, 4th Floor Des Moines, IA 50309-3738	1-800-351-4664; TTY 1-800-735-2942	<a href="https://shiip.iowa.gov/">https://shiip.iowa.gov/</a>
ID	Senior Health Insurance Benefits Advisors (SHIBA) Idaho Department of Insurance 700 West State St., 3rd Floor Boise, Idaho 83720	1-800-247-4422	<a href="http://www.shiba.idaho.gov">http://www.shiba.idaho.gov</a>

**Contact Information:  
State Health Insurance  
Assistance Programs (SHIP)**



SHIP	Name and Address (Main Office)	Toll-free	Website
IL	Senior Health Insurance Program (SHIP) One Natural Resources Way, Suite 100 Springfield, IL 62702	1-800-252-8966 TTY 1-888-206-1327	<a href="https://www2.illinois.gov/aging/ship/Pages/default.aspx">https://www2.illinois.gov/aging/ship/Pages/default.aspx</a>
IN	State Health Insurance Assistance Program (SHIP) Indiana Department of Insurance 311 West Washington Street, 2nd Floor Indianapolis, Indiana 46204	1-800-452-4800 TTY 1-866-846-0139	<a href="http://www.medicare.in.gov">www.medicare.in.gov</a>
KS	Senior Health Insurance Counseling for Kansas (SHICK) Kansas Department for Aging and Disability Services 503 South Kansas Topeka, Kansas 66603-3404	1-800-860-5260	<a href="https://kdads.ks.gov/commissions/commission-on-aging/medicare-programs/shick">https://kdads.ks.gov/commissions/commission-on-aging/medicare-programs/shick</a>
KY	State Health Insurance Assistance Program (SHIP) Department for Aging and Independent Living 275 East Main Street, 3E-E Frankfort, Kentucky 40621	1-877-293-7447	<a href="https://chfs.ky.gov/agencies/dail/Pages/ship.aspx">https://chfs.ky.gov/agencies/dail/Pages/ship.aspx</a>
LA	Senior Health Insurance Information Program (SHIIP) State of Louisiana Department of Insurance P.O. Box 94214 Baton Rouge, Louisiana 70804-9214	1-800-259-5300	<a href="https://www.lidi.la.gov/consumers/senior-health-shiip">https://www.lidi.la.gov/consumers/senior-health-shiip</a>

**Contact Information:  
State Health Insurance  
Assistance Programs (SHIP)**



SHIP	Name and Address (Main Office)	Toll-free	Website
MA	Serving Health Insurance Needs of Everyone (SHINE) Massachusetts Executive Office of Elders Affairs 1 Ashburton Place, 5th Floor Boston, Massachusetts 02108	1-800-243-4636 (in state) TTY 1-877-610-0241	<a href="https://www.mass.gov/health-insurance-counseling">https://www.mass.gov/health-insurance-counseling</a>
MD	State Health Insurance Assistance Program (SHIP) Maryland Department of Aging 301 West Preston Street, Room 1007 Baltimore, Maryland 21201	1-800-243-3425 (in state only) 1-844-627-5465 (out of state)	<a href="https://aging.maryland.gov/Pages/state-health-insurance-program.aspx">https://aging.maryland.gov/Pages/state-health-insurance-program.aspx</a>
ME	Maine State Health Insurance Assistance Program (SHIP) Office of Aging and Disability Services 11 State House Station 41 Anthony Ave. Augusta, Maine 04333	1-800-262-2232	<a href="https://www.maine.gov/dhhs/oads/get-support/older-adults-disabilities/older-adult-services/ship-medicare-assistance">https://www.maine.gov/dhhs/oads/get-support/older-adults-disabilities/older-adult-services/ship-medicare-assistance</a>
MI	MMAP, Inc. 6105 W. Saint Joseph Highway, Suite 204 Lansing, Michigan 48917	1-800-803-7174	<a href="http://www.mmapinc.org">http://www.mmapinc.org</a>
MN	Minnesota State Health Insurance Assistance Program/Senior LinkAge Line Minnesota Board on Aging 540 Cedar Street, P.O. Box 64976 St. Paul, Minnesota 55164-0976	1-800-333-2433	<a href="https://mn.gov/senior-linkage-line/">https://mn.gov/senior-linkage-line/</a>
MO	CLAIM (Missouri Department of Insurance) 1105 Lakeview Ave Columbia, Missouri 65201	1-800-390-3330	<a href="http://missouricclaim.org">http://missouricclaim.org</a>

**Contact Information:  
State Health Insurance  
Assistance Programs (SHIP)**



SHIP	Name and Address (Main Office)	Toll-free	Website
MS	MS State Health Insurance Assistance Program (SHIP) Mississippi Department of Human Services 750 North State Street Jackson, Mississippi 39202	601-359-4577 or 844-822-4622	<a href="http://www.mdhs.state.ms.us/aging-adult-services/programs-daas/state-health-insurance-assistance-program/">http://www.mdhs.state.ms.us/aging-adult-services/programs-daas/state-health-insurance-assistance-program/</a>
MT	Montana State Health Insurance Assistance Program (SHIP) MT Dept of Public Health & Human Services 1100 North Last Chance Gulch, 4th Floor Helena, MT 59601	1-800-551-3191	<a href="http://www.dphhs.mt.gov/sltc/services/aging/ship.shtml">http://www.dphhs.mt.gov/sltc/services/aging/ship.shtml</a>
NC	Seniors' Health Insurance Information Program (SHIIP) North Carolina Department of Insurance 325 N Salisbury Street Raleigh, NC 27603 Mailing: 1201 Mail Service Center Raleigh, NC 27699-1201	1-855-408-1212 or 919-807-6900	<a href="http://www.ncshiip.com">www.ncshiip.com</a>
ND	State Health Insurance Counseling (SHIC) North Dakota Insurance Department 600 East Boulevard, Department 401 Bismarck, North Dakota 58505	1-888-575-6611 TTY 1-800-366-6888	<a href="https://www.insurance.nd.gov/shic-medicare">https://www.insurance.nd.gov/shic-medicare</a>
NE	Nebraska SHIP Nebraska Department of Insurance 2717 S. 8th Street, Suite 4 Lincoln, Nebraska 68502	1-800-234-7119	<a href="https://doi.nebraska.gov/consumer/senior-health">https://doi.nebraska.gov/consumer/senior-health</a>

**Contact Information:  
State Health Insurance  
Assistance Programs (SHIP)**



SHIP	Name and Address (Main Office)	Toll-free	Website
NH	NH SHIP—ServiceLink Resource Center NH DHHS, Bureau of Elderly & Adult Services 105 Pleasant St., Gov. Gallan State Office Park S. Concord, New Hampshire 03301-3857	1-866-634-9412	<a href="http://www.servicelink.nh.gov/medicare/index.htm">http://www.servicelink.nh.gov/medicare/index.htm</a>
NJ	State Health Insurance Assistance Program (SHIP) New Jersey Department of Human Services, Division of Aging Services P.O. Box 807 Trenton, New Jersey 08625-0807	1-800-792-8820 (in state) or 1-877-222-3737 (out of state)	<a href="http://www.state.nj.us/humanservices/doas/services/ship/index.html">http://www.state.nj.us/humanservices/doas/services/ship/index.html</a>
NM	New Mexico ADRC-SHIP 2550 Cerrillos Road Santa Fe, NM 87505	1-800-432-2080 or 1-505-476-4846	<a href="http://www.nmaging.state.nm.us">www.nmaging.state.nm.us</a>
NV	Nevada Medicare Assistance Program (MAP) Aging and Disability Services Division 3320 W Sahara Avenue, Suite 100 Las Vegas, NV 89102	1-800-307-4444	<a href="https://www.nevadacareconnection.org/care-options/types-of-services/healthcare/medicare-assistance-program-map/">https://www.nevadacareconnection.org/care-options/types-of-services/healthcare/medicare-assistance-program-map/</a>
NY	Health Insurance Information Counseling and Assistance Program (HIICAP) New York State Office for the Aging Two Empire State Plaza Agency Building #2 Albany, New York 12223-1251	1-800-701-0501	<a href="https://aging.ny.gov/health-insurance-information-counseling-and-assistance">https://aging.ny.gov/health-insurance-information-counseling-and-assistance</a>
OH	Ohio Senior Health Insurance Information Program (OSHIIP) Ohio Department of Insurance 50 West Town Street, 3rd Floor, Suite 300 Columbus, Ohio 43215	1-800-686-1578 TTY 1-614-644-3745	<a href="http://www.insurance.ohio.gov">http://www.insurance.ohio.gov</a>

**Contact Information:  
State Health Insurance  
Assistance Programs (SHIP)**



SHIP	Name and Address (Main Office)	Toll-free	Website
OK	Oklahoma Medicare Assistance Program (MAP) Oklahoma Insurance Department 400 NE 50th Street Oklahoma City, Oklahoma 73105	1-800-763-2828 (in state) 1-405-521-6628 (out of state)	<a href="http://www.map.oid.ok.gov">http://www.map.oid.ok.gov</a>
OR	Senior Health Insurance Benefits Assistance (SHIBA) Department of Consumer and Business Services 350 Winter Street, NE, Room 330 Salem, Oregon 97309-0405	1-800-722-4134	<a href="http://www.oregonshiba.org/">http://www.oregonshiba.org/</a>
PA	Pennsylvania Medicare Education and Decision Insight (PA MEDI) Pennsylvania Department of Aging 555 Walnut Street, 5th Floor Harrisburg, Pennsylvania 17101-1919	1-800-783-7067	<a href="http://www.aging.pa.gov">http://www.aging.pa.gov</a>
PR	State Health Insurance Assistance Program (SHIP) Office for the Ombudsman for the Elderly P.O. Box 191179 San Juan, Puerto Rico 00919-1179	1-877-725-4300 (in state) 1-787-721-6121 (out of state) TTY 1-878-919-7291	<a href="http://www.agencias.pr.gov/agencias/oppea/educacion/Pages/ship.aspx">http://www.agencias.pr.gov/agencias/oppea/educacion/Pages/ship.aspx</a>
RI	Senior Health Insurance Program (SHIP) Office of Healthy Aging 25 Howard Ave, Building 57 Cranston, Rhode Island 02920	1-888-884-8721 TTY: 401-462-0740	<a href="http://oha.ri.gov/">http://oha.ri.gov/</a>
SC	(I-CARE) Insurance Counseling Assistance and Referrals for Elders Lt. Governor's Office on Aging 1301 Gervais Street, Suite 350 Columbia, South Carolina 29201	1-800-868-9095	<a href="http://www.aging.sc.gov">http://www.aging.sc.gov</a>
SD	Senior Health Information & Insurance Education (SHIINE) South Dakota Department of Social Services 700 Governors Drive Pierre, South Dakota 57501-2291	1-800-536-8197	<a href="http://www.shiine.net">http://www.shiine.net</a>



**Contact Information:  
State Health Insurance  
Assistance Programs (SHIP)**



SHIP	Name and Address (Main Office)	Toll-free	Website
<b>TN</b>	TN SHIP Tennessee Commission on Aging and Disability Andrew Jackson Bldg., 9th Floor 502 Deaderick St. Nashville, TN 37243	1-877-801-0044 TTY 1-800-848-0299	<a href="http://tnmedicarehelp.com/">http://tnmedicarehelp.com/</a>
<b>TX</b>	Health Information Counseling and Advocacy Program (HICAP) Texas Department of Aging and Disability Services 701 West 51st Street, MC: W275 Austin, Texas 78751	1-800-252-9240	<a href="https://hhs.texas.gov/services/health/medicare">https://hhs.texas.gov/services/health/medicare</a>
<b>UT</b>	Senior Health Insurance Information Program (SHIP) Department of Human Services 195 North 1950 West Salt Lake City, Utah 84116	1-800-541-7735	<a href="http://daas.utah.gov/seniors/">http://daas.utah.gov/seniors/</a>
<b>VA</b>	Virginia Insurance Counseling and Assistance Program (VICAP) Department for Aging and Rehabilitative Services 1610 Forest Ave. Henrico, VA 23229	1-800-552-3402	<a href="https://www.vda.virginia.gov/vicap.htm">https://www.vda.virginia.gov/vicap.htm</a>
<b>VI</b>	Virgin Islands State Health Insurance Assistance Program (VISHIP) Commissioner of Banking & Insurance 4007 Estate Diamond Ruby – 1st Floor Christiansted, Virgin Islands 00820	1-340-772-7368 St. Croix Area or 1-340-714-4354 St. Thomas Area	<a href="https://ltg.gov.vi/departments/vi-ship-medicare/">https://ltg.gov.vi/departments/vi-ship-medicare/</a>
<b>VT</b>	Vermont State Health Insurance Assistance Program Vermont Association of Area Agencies on Aging 476 Main Street, Suite #3 Winooski, VT 05404	1-800-642-5119 (in state only) 802-865-0360	<a href="http://www.vermont4a.org">http://www.vermont4a.org</a>

**Contact Information:  
State Health Insurance  
Assistance Programs (SHIP)**



SHIP	Name and Address (Main Office)	Toll-free	Website
WA	Statewide Health Insurance Benefits Advisors (SHIBA) WA State Office of Insurance Commissioner 5000 Capitol Boulevard Tumwater, Washington 98504-0256	1-800-562-6900 TTY 1-360-586-0241	<a href="http://www.insurance.wa.gov/about-oic/what-we-do/advocate-for-consumers/shiba/">http://www.insurance.wa.gov/about-oic/what-we-do/advocate-for-consumers/shiba/</a>
WI	WI State Health Ins. Assist. Program (SHIP) Bureau of Aging and Disability Resources Wisconsin Dept of Health Serv 1 West Wilson Street, Rm. 551 P.O. Box 7851 Madison, Wisconsin 53707-7851	1-800-242-1060 (general Medicare) 1-855-677-2783 (Part D ages 60+) 1-800-926-4862 (Part D for people with disabilities) TTY Call 711	<a href="https://www.dhs.wisconsin.gov/benefitspecialists/medicare-counseling.htm">https://www.dhs.wisconsin.gov/benefitspecialists/medicare-counseling.htm</a>
WV	West Virginia State Health Insurance Assistance Program (WV SHIP) West Virginia Bureau of Senior Services 1900 Kanawha Boulevard East (3rd Floor Town Center Mall) Charleston, West Virginia 25305-0160	1-877-987-4463	<a href="http://www.wvship.org">http://www.wvship.org</a>
WY	Wyoming State Health Insurance Information Program (WSHIIP) Wyoming Dept of Insurance 106 West Adams Ave Riverton, Wyoming 82501	1-800-856-4398 1-307-856-6880	<a href="http://www.wyomingseniors.com">http://www.wyomingseniors.com</a>

**This information is updated in real time at [www.shiphelp.org](http://www.shiphelp.org). Click the orange SHIP Locator button.**

*The SHIP Mission is to empower, educate, and assist Medicare-eligible individuals, their families, and caregivers through objective outreach, counseling, and training to make informed health insurance decisions that optimize access to care and benefits. SHIPs nationally are funded by the U.S Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201*