

# Health Insurance Information offices

Every state—plus Puerto Rico, the Virgin Islands and the District of Columbia—has a health insurance counseling program that can give your patients free information and assistance on Medicare, Medicaid, Medigap, long-term care and other health insurance benefits. They can also call their state counseling office and ask for names of HMOs in their area.

Phone numbers are listed below (the 800 numbers work only within the state). If there is any trouble reaching the local counseling office, call the Medicare hotline at (800) 638-6833.

Alabama	(800) 243-5463	Indiana	(800) 452-4800	Nevada	(800) 307-4444	Tennessee	(800) 525-2816
Alaska	(800) 478-6065	Iowa	(800) 351-4664	New Hampshire	(800) 852-3388	Texas	(800) 252-3439
Arizona	(800) 432-4040	Kansas	(800) 432-3535	New Jersey	(800) 792-8820	Utah	(800) 439-3805
Arkansas	(800) 852-5494	Kentucky	(800) 372-2973	New Mexico	(800) 432-2080	Vermont	(802) 828-3302
California	(800) 434-0222	Louisiana	(800) 259-5301	New York	(800) 333-4114	Virginia	(800) 552-3402
Colorado	(800) 544-9181	Maine	(800) 750-5353	North Carolina	(800) 443-9354	Virgin Islands	(809) 774-2991
Connecticut	(800) 994-9422	Maryland	(800) 243-3425	North Dakota	(800) 247-0560	Washington	(800) 397-4422
Delaware	(800) 336-9500	Massachusetts	(800) 882-2003	Ohio	(800) 686-1578	West Virginia	(800) 642-9004
District of Columbia	(202) 676-3900	Michigan	(800) 803-7174	Oklahoma	(800) 763-2828	Wisconsin	(800) 242-1060
Florida	(800) 963-5337	Minnesota	(800) 882-6262	Oregon	(800) 722-4134	Wyoming	(800) 856-4398
Georgia	(800) 669-8387	Mississippi	(800) 948-3090	Pennsylvania	(800) 783-7067		
Hawaii	(808) 586-0100	Missouri	(800) 390-3330	Puerto Rico	(809) 721-8590		
Idaho	(800) 488-5725	Montana	(800) 332-2272	Rhode Island	(800) 322-2880		
Illinois	(800) 548-9034	Nebraska	(402) 471-2201	South Carolina	(800) 868-9095		

Source: Workbook, 1997  
International Conference On  
Mitochondrial Diseases