

# Helpful Tips

What to expect during your call with My Advocate.

## Things You'll Need

- ✓ Social Security numbers for you & your spouse
- ✓ U.S. citizenship information
- ✓ Medicare card information for you & your spouse
- ✓ Other health insurance information
- ✓ Sources of income & assets, such as:
  - wages & severance
  - Social Security & pension
  - rental or business income
  - trusts, IRAs & mutual funds
  - life insurance policies
  - property (other than home & auto)

## A Few Suggestions

- ✓ Have your I.D. & Medicare card close by.
- ✓ Gather income & asset information.
- ✓ Be prepared to take notes.
- ✓ Invite a family member to listen in with you.

**Call My Advocate and let them do the work for you!**

**1-877-345-8785**

[kp.myadvocatehelps.com](https://kp.myadvocatehelps.com)

In California, Hawaii, Oregon, Washington, Colorado, Georgia, and the District of Columbia, Kaiser Permanente is an HMO plan with a Medicare contract. In Maryland, Kaiser Permanente is an HMO plan and a Cost plan with a Medicare contract. In Virginia, Kaiser Permanente is a Cost plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal.