



## Don't Let Healthcare Expenses Break the Bank

By Meaghan McMahon and Lee Reed (DCV Case Management Team)

The Kaiser Family Foundation recently reported that nearly half of adults in the United States report that they have trouble with the cost of healthcare and approximately three in ten Americans share that they or a member of their household had trouble paying for healthcare in the past twelve months (<https://www.kff.org/health-costs/americans-challenges-with-health-care-costs/>).

Now more than ever it is important to find creative ways to address rising healthcare so that you can keep more of your money in your wallet. Luckily, there are many resources that you can use to help pay for healthcare expenses.

Lee Reed, R.N. our Healthcare Navigator and Meaghan McMahon,

LGSW, our Social Worker have compiled a list to help you get started:

- National Council on Aging's Benefits Check-Up to quickly see if you're qualified for healthcare benefit programs: <https://benefitscheckup.org/#/prescreen>
- Medicare Part D Extra Help Program for helping with cost of prescription drugs: <https://www.ssa.gov/medicare/part-d-extra-help>
- PAN Foundation provides financial assistance for treatment costs and was used recently by a DCV Villager to help with the cost of a surgery: <https://www.panfoundation.org/find-disease-fund/>
- If your medications are filled by the

G.W. Faculty Associates Pharmacy, they will provide a free consultation between 11am-12 noon, Monday-Friday. No appointment needed. Simply bag up all your medications and arrive between the times listed above at this location: 2150 Pennsylvania Ave, NW

- For a reliable and free go-to online resource on health topics, diseases and drugs, you can visit Medline Plus — Health Information from the National Library of Medicine (NIH). Visit: <https://medlineplus.gov>

If you want to learn more about any of these resources, please contact Eva so she can connect you directly to our nursing and social service team.