

Phone numbers for your local SHIP

State Health Insurance Assistance Program: Call for help with buying a Medigap policy or long-term care insurance.

Alabama

1(800)243-5463

Alaska

1(800)478-6065 (In state only)

1(907)269-3680

Arizona

1(800)432-4040

Arkansas

1(800)224-6330

California

1(800)434-0222

Colorado

1(888)696-7213

Connecticut

1(800)994-9422 (In state only)

1(860)424-5862

Delaware

1(800)336-9500

Florida

1(800)963-5337

Georgia

1(800)669-8387

Guam

1(671)735-7389

Hawaii

1(888)875-9229

Idaho

1(800)247-4422

Illinois

1(800)548-9034 (In state only)

1(217)785-9021

Montana

1(800)551-3191

Nebraska

1(800)234-7119

Nevada

1(800)307-4444

New Hampshire

1(800)852-3388 (In state only)

1(603)225-9000

New Jersey

1(800)792-8820 (In state only)

1(877)222-3737

New Mexico

1(505)476-4799

New York

1(800)701-0501

North Carolina

1(800)443-9354

1(919)807-6900

North Dakota

1(888)575-6611

Ohio

1(800)686-1578

Oklahoma

1(800)763-2828 (In state only)

1(405)521-6628

Oregon

1(503)378-2014

Pennsylvania

1(800)783-7067

Puerto Rico

Indiana

1(800)452-4800 (In state only)

1(317)233-3475

Iowa

1(800)351-4664

Kansas

1(800)860-5260 (In state only)

1(316)337-7386

Kentucky

1(877)293-7447

Louisiana

1(800)259-5301 (In state only)

1(225)342-5301

Maine

1(877)353-3771 (In state only)

1(207)621-0087

Maryland

1(800)243-3425

Massachusetts

1(800)243-4636

Michigan

1(800)803-7174

Minnesota

1(800)333-2433

Mississippi

1(800)948-3090

Missouri

1(800)390-3330

1(877)725-4300

Rhode Island

1(401)462-4444

South Carolina

1(800)868-9095

South Dakota

1(800)536-8197

Tennessee

1(877)801-0044

Texas

1(800)252-9240

Utah

1(800)541-7735

Vermont

1(802)748-5182

Virgin Islands

1(340)772-7368

Virginia

1(800)552-3402 or

1(804)662-9333 (In state only)

Washington

1(800)562-6900

Washington, D.C.

1(202)739-0668

West Virginia

1(877)987-4463

Wisconsin

1(800)242-1060

Wyoming

1(800)856-4398