

NYQM August 2025 Newsletter

Part 1: What to know about the Medicare Extra Help Program

Extra Help is a program that can lower your Medicare prescription drug costs. If you have Medicare and your income or savings are limited, you might qualify — and the savings can really add up.

In 2024, if you're eligible:

- You won't have to pay a premium or deductible for your drug plan
- Most prescriptions will cost no more than \$4.50 (generics) or \$11.20 (brand-name)
- After \$8,000 in drug costs, your medications are free

Some folks get Extra Help automatically, but if not, you can apply anytime at ssa.gov/extrahelp or by calling 1-800-772-1213.

If your income or resources have changed, it's worth checking again. And if you'd like some help with the application, we're always happy to assist.

Part 2: Q & A

Q: I applied for SNAP a few months ago but haven't heard back. What should I do?

A: It's a good idea to call the SNAP info line at **1-800-342-3009** to check on your application. You can also call **311** and ask for help with "SNAP follow-up." If you'd like support with this process, feel free to reach out — we're here to help.

Q: I lost my Medicare card. Can I get a new one?

A: Yes! You can request a replacement card by visiting medicare.gov or calling 1-800-MEDICARE. The new card usually arrives in a few weeks.

Part 3: We'd Love Your Feedback

We're planning more virtual workshops for our friends at NYQM and would love to hear your thoughts.

Have you attended any of our past sessions? Are there topics you'd like to see in the future? Your feedback will help us shape workshops that are helpful and meaningful to you.

You can fill out a short survey here: <https://forms.office.com/r/jdU8MueHhM>

Thank you for being part of our community — we really appreciate your input!

