

# How to Use OPERATION

# RED FILE

Fill out the form located on the reverse side. Answer all pertinent questions.

- Call KDADS at 800-432-3535 if you need a new form or download it at:  
[www.kdads.ks.gov/docs/default-source/commission-on-aging/smp/operation-red-file.pdf](http://www.kdads.ks.gov/docs/default-source/commission-on-aging/smp/operation-red-file.pdf).

Place the following items in the Red File:

- Copy of EKG, do not resuscitate (DNR) orders, notarized living will or equivalent
- Clear, recent photograph of yourself
- Medical form with current information (keep it up-to-date)
- Medication list (review and replace as often as necessary to keep it up-to-date)

Place the Red File on your refrigerator where first responders can easily identify it and find your medical information.



# Operation Red File

*Please review every 6 months*

BASIC INFORMATION				
Full Legal Name			Phone Number	
Home Mailing Address				
Date of Birth		Medication Allergies		
Gender	Height	Weight	Hair Color	Eye Color
EMERGENCY CONTACTS				
Name and Phone Number		Relationship	May we release your health information to this person?	
Name and Phone Number		Relationship	May we release your health information to this person?	
MEDICAL INFORMATION				
Hearing Aids?	Deaf/ Very Hard of Hearing?	Glasses/Contacts?	Blindness?	Primary Language
Identifying Marks/Tattoos				
Conditions you have been treated for in the past				
Primary Physician & Phone Number			Hospital Choice	
Funeral Home of Choice				
Current Medical Conditions you are being treated for				
<i>For the questions below, please complete all that apply.</i> <i>Please note current providers, phone numbers and locations of pertinent documents.</i>				
DNR (Do Not Resuscitate) Order		Living Will		TPOPP Order Set
Hospice Care		Dialysis Care		Other Pertinent Medical Information

# **PROTECT. DETECT. REPORT.**

## **Suspected Medicare/Medicaid Fraud:**

Kansas SMP (Senior Medicare Patrol): 1-800-432-3535

Kansas Attorney General's Medicaid Fraud Division: 1-866-551-6328

## **Medicare/Medicaid Questions and Assistance:**

SHICK (Senior Health Insurance Counseling for Kansas): 1-800-860-5260

KanCare Ombudsman: 1-855-643-8180

## **To Report Identity Theft (Need to do all 3):**

- 1) Call your local police department or sheriff's office
- 2) Call the Kansas Attorney General's Office at 1-800-432-2310  
or visit [www.InYourCornerKansas.org](http://www.InYourCornerKansas.org)
- 3) Call the Federal Trade Commission at 1-877-438-4338

## **Other Resources:**

Free Credit Report: 1-877-322-8228 or visit [www.AnnualCreditReport.com](http://www.AnnualCreditReport.com)

Internet Crime Reporting: [www.ic3.gov](http://www.ic3.gov)

National Do Not Call Registry: 1-888-382-1222 or [www.donotcall.gov](http://www.donotcall.gov)

Kansas Insurance Commissioners Consumer Assistance: 1-800-432-2484  
or [www.ksinsurance.org](http://www.ksinsurance.org)

Kansas Long Term Care Ombudsman: 1-877-662-8362  
or [www.kansasombudsmanksgov.com](http://www.kansasombudsmanksgov.com)

KDADS Nursing Facility Complaint Line 1-800-842-0078

Adult Abuse and Neglect (in the home) 1-800-922-5330

Adult Abuse and Neglect (long term care facilities) 1-877-662-8362



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## WHAT DOES SHICK DO?

- \* SHICK is a free, unbiased and confidential program that uses counselors to answer people's questions about Medicare and other insurance issues.
- \* SHICK counselors are available to meet with you for personalized counseling sessions, to help with problems and questions, and to provide support during the decision-making process. SHICK counselors will not recommend policies, companies, or agents, but will provide free, unbiased answers to the questions of consumers, their family members, and other caregivers. SHICK educates the public and assists consumers on topics related to Medicare and health insurance so they can make informed decisions.

## WHAT IS SHICK'S MISSION?

- \* People with Medicare often have questions about health insurance, but all too frequently they have limited resources to obtain objective information.
- \* To help with these needs, Congress created State Health Insurance Assistance Programs (SHIPs). Senior Health Insurance Counseling for Kansas (SHICK) is the SHIP for Kansas, administered through the Kansas Department for Aging and Disability Services.
- \* To educate and assist the public in making informed decisions about their health care options.

## WHAT ARE OUTREACH AND VOLUNTEER OPPORTUNITIES?

- \* An important role of the SHICK program is to provide outreach and education to people with Medicare and others regarding health insurance options, benefits, and choices. SHICK counselors and staff are available on the local, regional, and statewide level. Counselors participate in a variety of outreach activities, including media awareness, public presentations, and enrollment events. Would you like more information on becoming a SHICK counselor or helping others? Please call us at 1-800-860-5260 for more information.

### Questions about Medicare?

Call **1-800-860-5260**...a SHICK Counselor will be happy to help  
<http://www.kdads.ks.gov/commissions/commission-on-aging/medicare-programs/shick>



## A Savings Guide for Medicare Beneficiaries



### The Medicare Improvements for Patients and Providers Act (MIPPA)

#### Extra Help

Extra Help is a free federal savings program that reduces the costs of your Medicare Part D premiums, deductibles and coinsurances. Medicare beneficiaries **must** meet *income* and *assets* guide-lines to qualify.

#### Three ways to Apply:

- 1) Contact Social Security at 1-800-772-1213
- 2) Complete an application online at [www.ssa.gov/extrahelp](http://www.ssa.gov/extrahelp)
- 3) Contact a SHICK Counselor for assistance at 1-800-860-5260

#### Medicare Savings Programs

Medicare Savings Programs, also known as “Buy-In Programs”, help pay for certain Medicare costs. Medicare beneficiaries **must** meet *income* and *asset* guidelines to qualify. The “Senior Buy-In Program” helps beneficiaries pay Medicare deductibles, coinsurances, and the monthly Part B premium. The “Buy-In Program” helps beneficiaries pay the monthly Part B premium alone.

#### How to Apply:

Contact a SHICK Counselor for assistance at 1-800-860-5260

#### Medicare B Preventive Benefits

Medicare beneficiaries should be aware of the more recent preventive benefits covered by Medicare Part B. Check with your doctor for further information. The following services are just some of the benefits offered to beneficiaries at no cost:

- ✓ Annual Wellness Visit
- ✓ Depression Screening
- ✓ Cardiovascular Screening
- ✓ Diabetes Screening
- ✓ Flu Shot
- ✓ Bone Mass Measurements
- ✓ Mammograms
- ✓ Pneumonia Shot
- ✓ HIV Screening
- ✓ Obesity Screening & Counseling