

# Medicare Resources

*Below you will find links to resources that provide information on Medicare in Tennessee. You can also find information on how to seek aid from a lawyer, if needed. Some areas of the state have more information than others. You may wish to look at information from other areas as well as your own.*

## **National Resources**

### [Medicare Online Information](#)

Find helpful information about Medicare and additional resources at Medicare.gov.

### [Interactive Guide to Medicare](#)

Use this guide provided by the Medicare Rights Center to find information covering many topics that have to do with Medicare.

### [Medicare Interactive: Appeals](#)

Learn more about Medicare appeals using this interactive guide provided by the Medicare Rights Center.

### [Medicare Skilled Nursing Facility Self-Help Packet](#)

The Center for Medicare Advocacy provided this packet to help you understand Medicare coverage and how to file an appeal if appropriate.

### [Extra Help with Medicare Costs](#)

Find out if you qualify for help paying your Medicare costs from the Extra Help program here. This information is provided by the Social Security Administration.

## **Statewide Resources**

### [Tennessee's State Health Insurance Assistance Program \(SHIP\)](#)

The SHIP program offers individual counseling and assistance to persons who have Medicare or are able to enroll in Medicare, as well as to their family members,

caregivers and advocates.

### [Medicare Home Health Self-Help Packet](#)

The Center for Medicare Advocacy provided this packet to help you understand Medicare Home Health and how to file an appeal if needed.

### [Medicare Outpatient Therapy Self-Help Packet](#)

This packet was produced by The Center for Medicare Advocacy to help you understand Medicare coverage of outpatient therapy and how to file an appeal if appropriate

### [How to apply for TennCare CHOICES](#)

If you are interested in applying for long-term services and support with TennCare CHOICES, find out how to apply at the link above.

## **Forms:**

### [Standard Court Forms for all of Tennessee](#)

This resource contains standard court forms for all of Tennessee that approved for all counties. If you need help filing one of these forms, you can ask a lawyer in your area.

## **Legal Advice:**

### [TN Free Legal Answers](#)

If you are in Tennessee, the website, Free Legal Answers, allows you to ask a lawyer for help with a legal issue at no cost. It is fast and easy, and all you need is a computer. This is a FREE service for people who cannot afford a lawyer.

How it works:

- You will answer a few questions to see if you qualify for their service. If you qualify, you will have the option to create an account.
- If you are eligible, you can ask their volunteer attorneys a non-criminal legal question.
- Once your question receives a response, you will get an email. You will need to sign into the website to read your response and ask any additional questions.

Visit <https://tn.freelegalanswers.org/> to sign up.

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[TennCare / Health](#)

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Table of Contents

NEWS

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