

Resources for New Medicare Eligible Retirees

Maine Municipal Employees Health Trust Group Companion Plan

If you are age 65 or otherwise eligible for Medicare, you may be eligible to participate in the Health Trust's Group Companion Plan. This comprehensive supplemental plan works alongside Medicare to cover many expenses Medicare does not. It also includes broad coverage for prescription drugs, which mirrors the plans offered to our active employees.

For more information about the Health Trust's Group Companion Plan, please contact us at 1-800-852-8300.

Additional Resources

We recognize that retirees have many other options for medical coverage, and that one plan does not meet all needs. Researching and selecting the best option for you can be overwhelming and confusing. Listed below are some non-profit resources available throughout Maine to assist retirees with this process.

Organization	County or Area Served	Website	Phone
Aroostook Area Agency on Aging	Aroostook County	www.arostookaging.org	207-764-3396
Eastern Area Agency on Aging	Piscataquis, Penobscot, Washington, and Hancock Counties	www.eaaa.org	1-800-432-7812
Spectrum Generations	Knox, Lincoln, Waldo, Somerset, Sagadahoc, and Kennebec Counties, and Brunswick & Harpswell	www.spectrumgenerations.org	1-800-639-1553
Seniors Plus	Franklin, Oxford, and Androscoggin Counties	www.seniorsplus.org	1-800-427-1241
Southern Maine Agency on Aging	York and Cumberland Counties (except Brunswick & Harpswell)	www.smaaa.org	1-800-427-7411
Maine State Health Insurance Program (SHIP)	state-wide	www.maine.gov/dhhs	1-800-262-2232
Maine Legal Services for the Elderly	state-wide	www.mainelse.org	1-800-750-5353
Maine Community Action Association	10 locations state-wide	www.mainecommunityaction.org ; click on the link for Agency Locations	

We encourage you to become fully informed of all your options prior to selecting a plan for your health coverage. Please feel free to contact the Trust with any questions.



Maine Municipal
Employees Health Trust

1-800-852-8300

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