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Visit medicare.gov/caregivers for the latest news and broadcasts.

Open Enrollment Is Over - Now What?

Did you change plans for 2012? You should have already gotten your new membership card in the mail. If you haven't, contact your new plan.

Did you miss Open Enrollment? Learn about [other times when you can make changes](#) to your Medicare coverage.

You can switch once to a 5-star Medicare plan anytime during the year. Find 5-star plans in your area at www.medicare.gov.



How's Your Eye Health?



When was the last time you got [tested for glaucoma](#)? January is Glaucoma Awareness Month - do you know if you're at risk?

You may be at high risk for glaucoma if you have diabetes, or a family history of glaucoma. African Americans over the age of 50 and Hispanic people over 65 are also at high risk for the disease.

[Medicare covers a glaucoma screening exam](#) once a year for people in these high risk groups.

Medicare in American Sign Language

Now, you can get Medicare information in American Sign Language (ASL). Medicare has a short video in ASL for people who are Deaf or hard of hearing.

The video gives an overview of Medicare, (including covered preventive services), and discusses the differences between Medicare and Medicaid.



[Watch the video on our YouTube channel](#), or [download it here](#).



Find Doctors, Hospitals & Facilities

Need to find a doctor, skilled nursing facility, or place to buy covered medical supplies in your area? Find all this and more with Medicare's [Quality Care Finder](#).

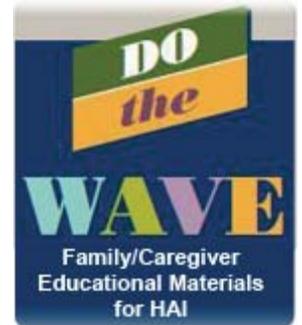
You can search for doctors, hospitals, home health agencies, nursing homes, dialysis facilities, and health and drug plans. Since providers and facilities vary in how well they care for their patients, you can also make "apples-to-apples" comparisons of their quality.

Comparing is easy: visit www.medicare.gov/qualitycarefinder. Make informed decisions about who you trust with your family's health.

WAVE to Prevent Care-related Infections

Medical procedures can expose patients to certain germs. To help prevent health care-related infections, do the WAVE:

- **Wash** hands
- **Ask** questions about your loved one's care
- **Vaccinate**, since flu & pneumonia can be dangerous to patients
- **Ensure** safety around catheters & other medical devices



Check out "[Do the Wave](#)" for more tips on talking with your loved one and their doctors about preventing health care-associated infections.

Share Your Caregiver Stories



As a caregiver, you understand the challenges of managing a loved one's care. We want to hear from you!

Have you come up with a creative solution for a caregiving issue? Found a valuable source of support or respite? Have advice for other caregivers?

Share your story with us at caregiverstories@cms.gov. Tell us your name and a little bit about your situation, and include a photo of yourself with your loved one if you can. We may post your story on www.medicare.gov so others can benefit from your experience.

Tell us what YOU care about.
Email caregiver_comments@cms.hhs.gov.