



Social Security and Medicare Checklist

Reaching age 65 is an important milestone. It means you're eligible to enroll in Medicare for your health coverage—whether you decide to retire or continue working. You can use this checklist to help you plan the important steps between now and your 65th birthday or when you become eligible for Social Security and Medicare.

Malloy Medicare Advisors

- Whether you are retiring at age 65 or older, Malloy Advisors can help you put the pieces of Medicare coverage together. Call **(800) 933-8129** or access information online malloymedicare.com

Medicare

7 to 9 months before your 65th birthday

- Contact the Social Security Administration at **(800) 772-1213** to confirm your eligibility for Medicare benefits.
- Review your current health insurance coverage to find out what happens after you become Medicare eligible.

4 to 6 months before your 65th birthday

- Check with your doctor(s) to see if they accept Medicare.
- Learn and research Medicare coverage options in your area at medicare.gov (including general Medicare information, Medicare booklets to order, information about health plans, financial assistance qualifications, and more).

1 to 3 months before your 65th birthday

- Enroll in Medicare Part A and Part B. If you haven't received your automatic enrollment information packet in the mail, contact the Social Security Administration at **(800) 772-1213**.
- Research and select a Medicare coverage option.

Social Security

- Contact the Social Security Administration at **(800) 772-1213** three months prior to the month of your 65th birthday OR three months before you want to start collecting benefits.
- At the earliest, you may apply at 61 years and 9 months of age, although benefit reductions apply depending on your full retirement age (determined by year of birth) and personal situation.



- If your spouse is deceased, you can begin collecting his/her retirement benefits at age 60, or at age 50 if you are disabled. Note: You will not get the entire benefit to which your spouse was entitled.
- Because the rules and options can be complex, you may want to speak with a Social Security representative in the year before you plan to retire.

Get help when you need it most

- **Employee Assistance Program (EAP)** – The EAP benefit is administered by ComPsych and is provided at no cost to employees and their family members to handle life issues such as depression, family/marital counseling, emotional health, and more. Contact ComPsych at **(866) 974-7366** or visit guidanceresources.com (Chemours EAP access **CHEMOURSEAP**).
- **Personal Health Advocate** – Aetna One® Advocate is a free, confidential resource provided by Chemours for employees and their family members who are enrolled in a Chemours medical plan. Call your Aetna One® Advocate team anytime, seven days a week at **(800) 417-2386** or visit aetna.com. Your personal health advocate can help you find providers, schedule appointments, provide support with claims/billing issues, and more.