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# NEWS

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**MENTAL HEALTH ASSOCIATION OF ALLEGHENY COUNTY  
OFFERS FREE MEDICARE CONSUMER WORKBOOK**  
*Tool Will Help Area Residents Transition to New Medicare Rx Plans*

**Pittsburgh, PA (Monday, November 14, 2005)** — Beginning Tuesday, November 15, 2005, Americans eligible for Medicare can begin to enroll in the new Medicare prescription drug program. To help Medicare beneficiaries navigate the enrollment process and ensure they choose the best plan for them, **the Mental Health Association of Allegheny County** will provide workbooks developed by the National Mental Health Association. *Medicare Prescription Drug Coverage Workbook for Mental Health Consumers*. The workbooks are free to the public.

“People with Medicare will finally have help getting the medications they need through the new prescription drug plans,” said Brenda E. Lee, Executive Director of the Mental Health Association of Allegheny County.. “For some this coverage will be entirely new; for others who have received drug coverage from Medicaid, it will mean a change to how they receive their medications. For all, this transition may be complex and confusing, and the Medicare consumer workbook will help shepherd beneficiaries through this transition and ensure they choose the plan that best meets their individual needs.”

The new Medicare consumer workbook includes:

- Basic information about the Medicare prescription drug benefit
- Tips for individuals to prepare for enrolling in a prescription drug plan
- Resources and organizations that can assist in enrollment and applying for financial assistance
- Important questions individuals should ask when comparing their plan options
- Worksheets to assist individuals choose a plan and apply for extra financial assistance
- Definitions of common terms individuals can expect to hear during the enrollment process

Specific Medicare prescription drug plan details are available at ([www.medicare.gov](http://www.medicare.gov)). It is important that Medicare beneficiaries get educated about their drug plan options so they can enroll in the plan that best meets their needs. The new drug coverage starts on January 1, 2006.

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**Mental Health Association of Allegheny County**  
**Offers Free Medicare Consumer Workbook**

The NMHA *Medicare Prescription Drug Coverage Workbook for Mental Health Consumers* is available by calling the Mental Health Association of Allegheny County at 412-391-3820 or at [www.nmha.org](http://www.nmha.org).

The Mental Health Association of Allegheny County is a nonprofit organization and a leader in providing educational, advocacy, legal and outreach services in collaboration with those affected by mental illness and/or substance-use disorders.

Since, 1959, the Mental Health Association of Allegheny County has provided these services to thousands of citizens in Allegheny County. As a member of the National Mental Health Association, we are an affiliate of more than 340 mental health associations across the country, representing tens of thousands of individuals. All affiliates are dedicated to ensuring that those affected by mental illness and/or substance use disorders receive the necessary support and treatment in order to enhance their individual recovery.

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