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***WINDSOR MEDICARE EXTRA AND THE NATIONAL COUNCIL ON AGING
TEAM UP TO OFFER ASSISTANCE AND RESOURCES TO SENIORS***

NASHVILLE, Tenn. – *Windsor Medicare Extra* has partnered with the National Council on Aging (NCOA) to offer its members a version of NCOA's BenefitsCheckUp, a web-based service to screen benefits programs for seniors with limited income and resources. The BenefitsCheckUp gives seniors the opportunity to locate services and state and federal government programs that help them to maintain healthy lifestyles.

A free service for Windsor members, the BenefitsCheckUp program finds qualifying programs for seniors to help pay for prescription drugs, utility bills, meals, health care, taxes and more. There are over 1,500 public and private programs in all fifty states. In addition, seniors can apply for programs directly on the Web site.

"Windsor's proactive and community-minded spirit exemplifies the type of relationship we're looking for as we seek to improve the health of older Americans," said Stuart Spector, NCOA's senior vice president of benefits access.

Programs like the Department of Energy Weatherization Assistance Program may be found through BenefitsCheckUp. This program offers seniors energy-efficient updates to their homes, which helps save hundreds of dollars per year on the electric and heating bills. On average, weatherization reduces heating bills by 31% and overall energy bills by \$358 per year at current prices.

"There are a large number of seniors who qualify for a wide variety of assistance programs, but simply are unaware of the different programs available," said Melanie Lamb, manager of member resources for Windsor Health Plan, Inc. "Partnering with the NCOA provides our members with access to all of the tools and assistance they need to maintain their quality of life," Lamb added.

To access this resource, seniors may log on to www.benefitscheckup.org/windsor and complete a short questionnaire about their health and living standards. A report will be generated immediately with the qualifying programs based on their responses.

Seniors and caregivers who do not have access to the internet may call *Windsor Medicare Extra's* Navigator program at (800) 316-CARE (2273) ext. 6109 for assistance.

About Windsor Health Plan

Windsor Health Plan is wholly owned by Windsor Health Group Inc., a Nashville, Tennessee based managed healthcare company operating fully certified, licensed and contracted government sponsored health plans through the Centers for Medicare & Medicaid Services (CMS). Windsor Health Plan offers 11 different plans including *Windsor Rx*, *Windsor Medicare Extra* and *Windsor Medicare Extra Special Care Plans* in 96 counties in Tennessee, Alabama, Mississippi, Arkansas and South Carolina. Windsor also provides specialty managed care services to both the insurance and healthcare provider communities. For more information please visit www.WindsorExtra.com.

About NCOA

The National Council on Aging's mission is to improve the lives of older Americans. NCOA programs help older people remain healthy and independent, find jobs, access benefits programs, and discover meaningful ways to continue contributing to society. A non-profit organization with a national network of more than 14,000 organizations and leaders and over 3,000 members, NCOA was founded in 1950 and is based in Washington, DC. For more information, visit www.ncoa.org.

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