

# Navigating Open Enrollment

## A Guide for Parkinson's Disease Patients



If you live with Parkinson's disease, your treatment may include medication, devices, medical procedures, and physical or occupational therapy. Every patient is different, which is why it's important to ensure your health plan allows you to access the type of care you need.

You should carefully select a plan with several considerations in mind.



### Do your research

Even if your current plan is available for renewal, it's important to do your research and compare plans to ensure you're receiving the best coverage. This is especially important as needs change year over year. Plans often change their benefits annually, so it is possible that another plan may be better suited for you as compared to the last year.



### Understand the benefits

You should be sure to research the benefits with each plan to understand what treatment is covered and what the out-of-pocket costs will be. You should review all of the available benefits to patients with Parkinson's to ensure that your plan will cover your needs, should they change throughout the year.



### Watch out for access barriers

Step therapy and prior authorization are significant challenges for patients with Parkinson's disease. Check your plan carefully to make sure your medications are covered in a way that will ensure access. It is important to review dosages and medication administration methods to ensure that a plan covers your individual needs.

## DATES TO KNOW

### Medicare Enrollment

**October 15:** Enrollment starts

**December 7:** Enrollment ends

**January 1:** Coverage begins

Visit [medicare.gov](https://www.medicare.gov)

### Affordable Care Act Exchange Enrollment

**November 1:** Enrollment starts

**January 1:** Coverage begins

**January 15:** Enrollment ends

Visit [healthcare.gov](https://www.healthcare.gov)

*\*Dates may vary by state or enrollment date*