Helpful websites and Phone numbers

Medicare: [www.medicare.gov](http://www.medicare.gov) 1-800-MEDICARE (800) 633-4227 Open 24 hours a day, 7 days a week. TTY 1-877-486-2048

Social Security: [www.ssa.gov](http://www.ssa.gov) 800) 772-1213

TRICARE for Life: 1(866) 773-0404

To get information about community services and referrals in Yolo County dial “211”

To get information about community services and referrals in Sacramento County dial “311”