



SHIP Offices in Maryland

Allegany County
301-783-1710

Charles County
301-934-0118

Montgomery County
301-255-4250

Anne Arundel County
410-222-4257

Dorchester County
410-376-3662

Prince George's County
301-265-8471

Baltimore City
410-396-2273

Frederick County
301-600-1234

Queen Anne's County
410-758-0848, opt. 2

Baltimore County
410-887-2059

Garrett County
301-334-9431, x6140

St. Mary's County
301-475-4200

Calvert County
410-535-1600, x8766

Harford County
410-638-3025

Talbot County
410-822-2869, ext. 231

Caroline County
410-479-2535

Howard County
410-313-7392

Washington County
301-790-0275

Carroll County
410-386-3800

Somerset County
410-742-0505, x114

Wicomico County
410-742-0505, x114

Cecil County
410-996-8174

Kent County
410-778-2564

Worcester County
410-742-0505, x114

Help is also available 24 hours a day, including weekends
at 1-800-MEDICARE or 1-800-633-4227



Maryland

DEPARTMENT OF AGING

AGING.MARYLAND.GOV

1-800-243-3425 or 410-767-1100



SHIP

State Health Insurance
Assistance Program

Navigating Medicare