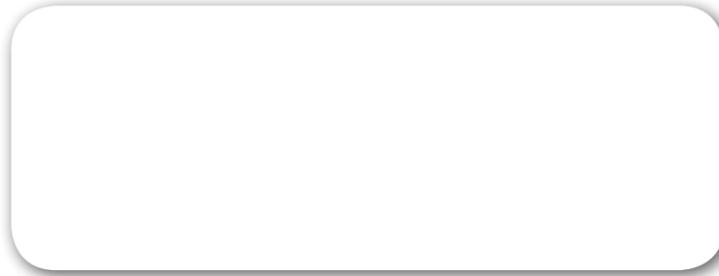


This mailing was prepared, published
and mailed at taxpayer expense.

J Randy Forbes
M.C.

PRSRST STD



Congressman Randy Forbes

ORGANIZATIONAL TOOL KIT

Important Federal Contacts:

Medicare
800-633-4227

Social Security
800-772-1213

TriCare for Life
877-874-2273

TriCare for Life, Express Scripts
877-363-1303

Federal Personnel Management
Retirement Services
888-767-6738

Veterans Affairs
Compensation and Benefits
800-827-1000

Veterans Affairs
Health Care Benefits
877-222-8387

Health Care Exchanges
www.healthcare.gov

TIPS ON AVOIDING IDENTITY THEFT



- ✓ Opt out of pre-screened credit card offers at 1-888-5-OPTOUT.
- ✓ Order a free annual credit report at www.annualcreditreport.com or 1-877-322-8228.
- ✓ Add your name to the National Do Not Call Registry: www.donotcall.gov or 1-888-382-1222.
- ✓ Don't carry your Social Security card.
- ✓ Pay attention to your accounts and bills.
- ✓ Secure or shred your mail.
- ✓ Don't give out personal information over the phone, through the mail or on the Internet unless you initiated the contact or are sure you know who you're dealing with.

Issue Survey

LISTENING TO YOU

[Empty rounded rectangular box for name and address]

**YES, PLEASE SIGN ME UP FOR
EMAIL UPDATES.**

EMAIL

We will never share your email with other people.

Which three issues do you believe are most important for Congress to address? (Check three)

- IMPROVING THE ECONOMY
- LOWERING ENERGY COSTS
- STRENGTHENING AND PROTECTING MEDICARE
- STRENGTHENING AND PROTECTING SOCIAL SECURITY
- ADDRESSING THE RISING COST OF HEALTH CARE
- INVESTING IN MEDICAL RESEARCH
- ENSURING ACCESS TO PHYSICIANS AND QUALITY CARE
- KEEPING TAXES LOW, ESPECIALLY FOR INDIVIDUALS ON A FIXED INCOME
- OTHER

Congressman Randy Forbes

SERVING THE 4TH DISTRICT OF VIRGINIA



ORGANIZATIONAL TOOL KIT

“In today’s world, there is a lot of information that is critical to you and your loved ones’ well-being—financial records, health care information, Social Security, Medicare, Veterans Benefits and Tricare for Life Benefits to name a few. Keep that information safe and organized with this informational guide.”

J Randy Forbes



Randy's Fight for Bipartisan Solutions



STRENGTHENING SOCIAL SECURITY & MEDICARE TODAY, GUARANTEEING IT FOR TOMORROW

- Introduced legislation strengthening Social Security and Medicare for current beneficiaries and working to ensure their solvency for future generations (H.R.3161)
- Championing legislation that prevents Social Security benefits from going to illegal immigrants (H.R.2745)
- Supported the repeal of the unelected, unaccountable "Independent Payment Advisory Board," which was created by the Affordable Care Act to enact arbitrary across-the-board Medicare cuts that many fear could lead to health care rationing (H.R.351)

Congressman Forbes received the "Guardian of Seniors' Rights" award from the 60 Plus Association for his strong record of protecting senior citizens through the legislative process.

FIGHTING FOR LOWER TAXES

- Supported repealing the death tax (H.R.2429)
- Champion of reforming our tax system to create a simpler, fairer and more predictable tax code (H.R.352)



ENSURING ACCESS TO PHYSICIANS AND HIGH QUALITY CARE



- Working towards permanent solutions instead of short-term patches to the Medicare physician payment system, to ensure that doctors get paid and seniors receive quality care
- Introduced legislation to find cures for Alzheimer's, cancer and diabetes through medical research (H.R.1740)
- Worked to alleviate drug shortages to ensure hospitals have the drugs needed to treat patients

FIND OUT MORE ABOUT THESE ISSUES AT FORBES.HOUSE.GOV

Stop By...

"Listening to you is my job as your Representative for the 4th District, and I invite you to call, write, or stop by to share your thoughts on the issues you care about."

—Randy Forbes

CHESAPEAKE
505 Independence Parkway
Suite 104
Chesapeake, VA 23320
(757) 382-0080

CHESTERFIELD
9401 Courthouse Road
Suite 202
Chesterfield, VA 23832
(804) 318-1363

WASHINGTON, DC
2135 Rayburn House
Office Building
Washington, D.C. 20515
(202) 225-6365

Organizational Tool Kit

To get organized, place each of these documents into a file folder with this checklist. Place a check next to the item when you have added it to your tool kit. Then, be sure to store this organizational tool kit in an easily accessible, safe location, known to as few people as is practical and secure.

My Vital Information

- FULL NAME _____
- BIRTH DATE _____
- PLACE OF BIRTH _____
- SPOUSE FULL NAME _____
- SPOUSE BIRTH DATE _____
- ADDRESS _____
- PHONE NUMBER _____
- MOBILE NUMBER _____
- EMERGENCY CONTACT PERSON AND NUMBER _____
- OTHER _____

My Identification Documents

- CERTIFIED BIRTH CERTIFICATE
- COPY OF MY DRIVER'S LICENSE
- PASSPORT
- CERTIFIED MARRIAGE CERTIFICATE
- CERTIFIED DIVORCE DECREE
- CERTIFIED NATURALIZATION DOCUMENT
- OTHER _____

My Federal Documents

- SOCIAL SECURITY CARD
- CERTIFIED DD214 OR CERTIFIED DISCHARGE
- CIVIL SERVICE ID CARD
- MILITARY ID CARD
- VA BENEFITS DECISION LETTERS
- OTHER _____

My Income Sources

- SOCIAL SECURITY
- SUPPLEMENTAL SECURITY INCOME
- VETERANS BENEFIT
- MILITARY RETIREMENT
- FEDERAL RETIREMENT
- STATE RETIREMENT
- PRIVATE PENSION
- INVESTMENT INCOME
- OTHER: _____

My Financial Documents

- BANKING
(list institution and account numbers for each)
 - CHECKING _____
 - SAVINGS _____
 - OTHER _____
 - OTHER _____
 - SAFE DEPOSIT BOX KEY AND LOCATION _____
- COPY OF CREDIT CARDS (FRONT ONLY)
- PENSION _____
(list company and contact information)

- INVESTMENT ACCOUNTS
(list institution and account numbers for each)
 - RETIREMENT ACCOUNTS (401K, 403B, 457)
 - IRAS
 - MONEY MARKET ACCOUNT
 - OTHER INVESTMENT ACCOUNTS

- LOANS
(list institution and account numbers for each)
 - HOME MORTGAGE
 - SECOND MORTGAGE
 - AUTOMOBILE LOAN
 - SECOND AUTOMOBILE LOAN
 - OTHER LOANS (INCLUDING ANY AS CO-SIGNOR)

- INSURANCE
(list institution and account numbers for each)
 - HOME
 - AUTOMOBILE
 - LIFE
 - DISABILITY INSURANCE
 - OTHER _____

My Property Documents

- TITLES (VEHICLES)
- DEEDS (PROPERTY)
- HOUSEHOLD INVENTORIES (LISTS/PHOTOS – HOUSEHOLD ITEMS, ANTIQUES, JEWELRY, HEIRLOOMS, ETC.)
- BURIAL PLOT (CEMETERY & PLOT NUMBER – CONTRACT OR DEED)
- SAFETY DEPOSIT BOX INVENTORY
- OTHER: _____
- OTHER _____

Other Legal Documents

- WILL, INCLUDING:
 - NAME OF ATTORNEY & LAW FIRM/CONTACT INFO
 - NAME OF EXECUTOR AND CONTACT INFO
 - CODICIL
- LIVING WILL/ADVANCED MEDICAL DIRECTIVE
- POWER OF ATTORNEY DOCUMENTS
- SPOUSE'S DEATH CERTIFICATE
- OTHER _____
- OTHER _____

Medical Information and Documents

- PRIMARY PHYSICIAN NAME AND CONTACT _____
- DURABLE POWER OF ATTORNEY FOR HEALTH PURPOSES
- PRIMARY MEDICAL INSURANCE CARD
- SECONDARY MEDICAL INSURANCE CARD
- FEDERAL EMPLOYEE HEALTH BENEFIT CARD
- MEDICARE CARD
- MEDICARE PART D CARD
- TRICARE CARD
- VA (VETERANS AFFAIRS) ID CARD
- PRESCRIPTION DRUG CARD
- LONG-TERM CARE INSURANCE POLICY
- DENTAL INSURANCE
- VISION INSURANCE
- OTHER _____

Other Personal Information

- FAMILY MEMBERS (NAMES, CONTACT INFORMATION)
 - SPOUSE _____
 - CHILD _____
 - CHILD _____
 - CHILD _____
 - CHILD _____
- RELIGIOUS (AFFILIATION, LOCATION AND CONTACT) _____
- OTHER _____
- OTHER _____
- OTHER _____

PLACE
FIRST CLASS
POSTAGE
HERE



Congressman Randy Forbes
2135 Rayburn House Office Building
Washington, D.C. 20515