

Assistance by Mail

You will need:

[The information form](#)

Your medication list with the names and dosages of your medications

Your Medicare card

1. Download and complete the information form. Ensure that the form is completely filled out with your personal information and medication names and dosages.
2. Mail the completed form to the Alexandria City VICAP office at
Division of Aging and Adult Services
VICAP
4401 Ford Avenue, Suite 103
Alexandria, VA 22302
3. A counselor will conduct the assessment and select the two plans that best fit your needs . You will receive your assessment in the mail.
4. If you have questions, the counselor will review the assessment with you.