

AUGUST 2025

Blog Post

Acentra Health, a Medicare Beneficiary and Family Centered Care Quality Improvement Organization (BFCC-QIO) for these [29 states](#), has created a short video to help people with Medicare understand what to do if their care is ending too soon.

This blog post is available for **anyone who wants to help promote the video**, whether you work with older adults, share information in your community, or simply want to make sure people know their rights. Feel free to use this content on your website, in your newsletter, or blog to help get the word out.

Instructions for Posting:

Title: You Have Medicare Rights. This 2-Minute Video Shows You What They Are.

Audience: People who have Medicare

Purpose: To encourage viewers to watch Acentra Health's Medicare rights video and understand how to get help if their Medicare-covered care is ending too soon or if something doesn't feel right.

Posting Notes:

- This blog should be placed on any section of your website dedicated to Medicare rights, appeals, or help with care concerns.
- Use plain formatting: subheadings in bold, short paragraphs, and bullet points as shown.
- Do not edit the blog text for tone or reading level. It is written to meet a lower literacy level.
- Include a clear link to the video.
- Include this link to the BFCC-QIO page to enable people to read more and to find needed telephone numbers: www.acentraqio.com.

Optional:

- Add an image of a senior patient in a hospital or home care setting for visual interest.
- Consider re-sharing the blog via your email newsletter or as part of Medicare Open Enrollment outreach.

Blog Post

You Have Medicare Rights. This 2-Minute Video Shows You What They Are.

Have you ever felt like something wasn't right with your care, but you didn't know what to do about it?

Have you ever been told it's time to leave the hospital even though you didn't feel ready?

Maybe you were still in pain. Maybe you felt rushed. Maybe you didn't know if you could speak up.

If this sounds familiar, you're not alone, and you have rights.

Medicare gives you the right to ask questions and get help if your care is ending too soon. And now, there's a short, 2-minute video that shows you exactly what to do.

Why This Video Matters

This video was made for people just like you—people on Medicare who want to feel safe, heard, and supported.

In just 2 minutes, you'll learn:

- What your Medicare rights are
- What to do if you're being discharged too soon
- How to get free help from Acentra Health, an organization that works with Medicare to protect your rights

Real Life Example

Imagine this: You're recovering in the hospital, and a nurse tells you it's time to go home. But your body doesn't feel ready. You're still weak, or maybe you're confused about what happens next.

That's when you remember, you don't have to accept it if something doesn't feel right. You can ask questions. You can get help. You can speak up.

Who Is Acentra Health?

Acentra Health is the BFCC-QIO for Medicare. That stands for Beneficiary and Family Centered Care Quality Improvement Organization.

It's a long title, but here's what it means for you:

Acentra Health helps people when their Medicare-covered care is ending too soon, or they have concerns about how they're being medically treated.

You can call Acentra Health, and they will review your case and talk with your care team, if needed. This is called Immediate Advocacy, and it's always free for people who have Medicare.

Watch the Video: <https://youtu.be/A8E2APwVQ-w?si=qH4hKkek06HmlqcS>

You deserve to feel safe and supported in your care.

You don't have to go through this alone.

You have a voice, and Acentra Health is here to help you use it.