

BETTER HEALTH BEGINS WITH A BETTER CONVERSATION

Talking with your health care team and those close to you protects your health and your pocketbook.

TALK TO YOUR DOCTOR

- Share your complete family health history – even parts that may be difficult to discuss.
- Write down your questions and make sure you fully understand the answers your doctor provides.
- Tell your doctor about all the prescriptions, over-the-counter medications and vitamins you're taking – and ask about lower cost alternatives.

TALK TO YOUR PHARMACIST

- Tell your pharmacist about all the medications you are taking – including other prescriptions and over-the-counter medications.
- Ask about money-saving generic substitutes for your current prescriptions.
- Ask how long and where you should store your medications.
- Ask for easy-to-open containers or large print labels if you need them.

TALK TO YOUR FAMILY AND FRIENDS

- Invite them to join you in an hour of physical activity each day.
- Prepare and share healthy meals together.
- Support and encourage one another in making healthy lifestyle choices.

TALK TO US

Medicare has information available to you about coverage, benefits and quality of care.

Visit www.Medicare.gov or call

1-800-MEDICARE (1-800-633-4227).

TTY users should call 1-877-486-2048.



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A Healthier US Starts Here

WELCOME TO THE FIRST DAY OF A HEALTHIER LIFE



*My Health.
My Medicare.*

Protect your health with Medicare's preventive benefits.

Take this checklist and ask your doctor which preventive benefits are right for you.

Medicare can do more for you than simply help you cover the costs of doctor and hospital bills. Medicare's preventive benefits can help you stay one step ahead of serious illnesses or certain chronic conditions such as diabetes, heart disease and cancer.

MY MEDICARE PREVENTIVE BENEFITS CHECKLIST

WHAT'S COVERED?	WHAT IT DOES	HOW OFTEN?
<input type="checkbox"/> Flu Shot	Prevents influenza or flu virus.	Once a flu season.
<input type="checkbox"/> Pneumonia shot	Prevents pneumococcal pneumonia.	Usually only needed once.
<input type="checkbox"/> Cardiovascular Screenings for Cholesterol, Lipid and Triglyceride Levels	Checks cholesterol and other blood fat levels that can increase the risk for heart disease.	Once every 5 years.
<input type="checkbox"/> Colorectal Cancer Screenings	Screens for colon cancer.	Ask your doctor.
• Fecal occult blood test		Once every 12 months if 50+.
• Flexible sigmoidoscopy		Generally once every 48 months (4 years) or every 120 months (10 years) when used instead of a colonoscopy for those not at high risk if 50+.
• Colonoscopy		Once every 120 months (10 years) Once every 24 months for high risk.
• Barium enema		Once every 48 months (4 years) instead of sigmoidoscopy if 50+. Once every 24 months instead of colonoscopy for high risk.
<input type="checkbox"/> "Welcome to Medicare" Physical Exam*	One-time review of health and medical history.	One time during the first 6 months you have Medicare Part B.
<input type="checkbox"/> Diabetes Screening	Blood sugar test.	Varies based on results. Covered if you have certain risk factors. Ask your doctor.

WHAT'S COVERED?	WHAT IT DOES	HOW OFTEN?
<input type="checkbox"/> Diabetes Self-management Training	Education for people who have diabetes.	Ask your doctor.
<input type="checkbox"/> Medical Nutritional Therapy Services	Nutritional counseling to help manage diabetes or kidney disease.	Ask your doctor.
<input type="checkbox"/> Bone Mass Measurement	Determines risk for broken bones due to osteoporosis.	Once every 24 months for people with certain medical conditions.
<input type="checkbox"/> Hepatitis B Shots	Helps prevent liver disease.	Ask your doctor.
<input type="checkbox"/> Glaucoma Test	Can help find the eye disease glaucoma.	Once every 12 months for those at high risk.
<input type="checkbox"/> Smoking Cessation	Counseling to quit smoking for people with a smoking-related illness or who take medicine affected by tobacco.	Up to 8 visits during a 12 month period when ordered by your doctor.
<input type="checkbox"/> Mammogram Breast Cancer Screening	Screens for breast cancer.	Once every 12 months for women 40+.
<input type="checkbox"/> Pap Test and Pelvic Exam Cancer Screenings	Screens for cervical and vaginal cancer.	Once every 24 months. Every 12 months for women at high risk.
<input type="checkbox"/> Prostate Cancer Screening	Digital rectal exam and Prostate Specific Antigen (PSA) test.	Once every 12 months for men 50+.

* People with Medicare who are at risk for abdominal aortic aneurysms may get a referral for a one-time screening ultrasound at their "Welcome to Medicare" physical exam.

It's important to ask your doctor about the Medicare-covered tests and screenings that might be right for you. Coinsurance and deductibles may apply. You may need to meet certain criteria for coverage. Medicare Advantage Plans may offer coverage for additional preventive benefits.

Sign up at www.MyMedicare.gov to track the preventive benefits you have used each year and remind you of benefits for which you are eligible.