



Reconnect to Your Health

In order to stay healthy, you need:

- * Physical examination
- * Colorectal cancer screenings
- * Shots—flu, pneumococcal and Hepatitis B
- * Bone mass measurements
- * Breast and cervical cancer screenings
 - * Diabetes screenings
 - * Cardiovascular screenings
- * Glaucoma tests

**Eat Better Move More Visit Your Doctor
Relax and Take Care of Yourself
You're Worth It!**

**Get Inspired. Get Healthy.
Talk to Your Health Care Provider Today!**

Medicare Now Covers Prescription Drugs
* Medicare-covered preventive services



www.medicare.gov
1-800-MEDICARE

To _____

*Thanks for taking care of me ~
Now please take care of you!*

From _____

www.womenshealth.gov
1-800-994-9662

