

*My Health.  
My Medicare.*



## My Health. My Medicare Preventive Services!

### Today is your day!

To take control of your own health!

To change your life!

To rise to new heights!

To live a longer and healthier life!

### Take Advantage!

Medicare pays for many preventive services to help keep you healthy

### Talk to your doctor today!

#### Take advantage of Medicare preventive services

- One-time “Welcome to Medicare” physical exam
- Cardiovascular screenings
- Diabetes screenings

#### Screenings for early detection and treatment of cancer

- Breast
- Cervical
- Prostate
- Vaginal
- Colorectal

#### Other preventive services, such as

- Glaucoma tests
- Bone mass measurements
- Diabetes screening and self-management
- Flu shots
- Pneumococcal shot
- Hepatitis B shots

### Start today!

**Do it for yourself!**  
**Do it for your loved ones!**

For more information call toll-free at 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048. Or visit [www.medicare.gov](http://www.medicare.gov) on the web.