

## Talk to your doctor about heart disease.

It's important to ask your doctor about your risk for heart disease and what you and Medicare can do to lower your risk.

### For more information

- Visit [www.MyMedicare.gov](http://www.MyMedicare.gov) to get direct access to your preventive health information—24 hours a day, every day. You can track your preventive services, get a two-year calendar of the Medicare-covered tests and screenings you're eligible for, and print a personalized "on the go" report to take to your next doctor's appointment. Visit the Web site, sign up, and Medicare will send you a password to allow you access to your personal Medicare information.
- Visit [www.medicare.gov/publications](http://www.medicare.gov/publications) to view or print the publication "Your Guide to Medicare's Preventive Services."
- Call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.

# Women and Heart Disease

## Things You Need to Know

Are you getting the most out of your Medicare?



Centers for Medicare & Medicaid Services

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## Things you can do to lower your risk for heart disease

### Keep a healthy...

1. Blood pressure
2. Cholesterol level
3. Weight (eat healthy) and stay active

### And...

4. Avoid or manage diabetes
5. Find healthy ways to cope with stress
6. Don't smoke

## Things Medicare covers to help prevent, diagnose, treat, or manage heart disease

1. Preventive Visits
  - “Welcome to Medicare” preventive visit (within the first 12 months you have Part B)
  - Yearly “Wellness” visit
2. Cardiovascular screening
3. Clinical laboratory services (lab tests)
4. Help with diabetes
  - Diabetes screening
  - Diabetes self-management training
  - Medical Nutrition Therapy
5. Help to quit smoking
6. Prescription drugs (if you have Medicare prescription drug coverage)

**Note:** You may have to meet certain criteria to be covered. Coinsurance and/or deductibles may apply.