Preventive Services Checklist

Preventive Service	Date Last Received	Next date service is covered

Ask your doctor which **Preventive Benefits** are right for you.

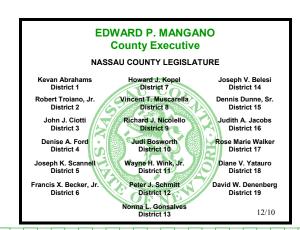
We Can Help

Health Insurance Information, Counseling and Assistance Program (HIICAP):

516-485-3754

Nassau*NYConnects
Helpline:
516-227-8900

Medicare: 1-800-633-4227



Medicare Preventive Services

Raising Awareness



Nassau County
Office for the Aging

60 Charles Lindbergh Boulevard Uniondale, NY 11553 516-227-8900 www.nassaucountyny.gov



Living a Healthy Lifestyle

- ☑ Eat well.
- ☑ Exercise.
- ☑ Keep a healthy weight.
- Do not smoke.
- ☑ See your doctor regularly.

When Visiting Your Doctor

- ☑ Share your complete family history.
- Write down your questions.
- ☑ Bring a list of all your current prescriptions, over-the counter medications, and vitamins.

Take Care of Your Health! Stay Active!

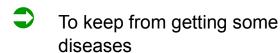


Medicare Preventive Services

Medicare can do more for you than simply help you cover the costs of doctor and hospital bills. It can pay for many preventive services and tests.

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.

Use Preventive Services



To find health problems early

Preventive Services

There are many screening tests that can detect disease at an early stage, when it is most treatable. Medicare provides preventive services that are a valuable part of staying healthy. Check with your doctor to determine which tests are right for you.

- □ Initial preventive exam
- Cardiovascular screening
- □ Glaucoma screening
- □ Bone mass measurement for osteoporosis
- □ Colorectal cancer screening
- □ Pap test and pelvic exam
- □ Prostate cancer screening
- □ Screening mammography
- □ Influenza vaccination
- □ Pneumonia vaccination
- □ Hepatitis B vaccination
- □ Diabetes screening
- Diabetes equipment and supplies
- □ Diabetes self-management training
- □ Medical nutrition therapy
- □ Smoking cessation