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We Can Help

516-485-3754

Nassau*NYConnects
Helpline:
516-227-8900

Medicare:
1-800-633-4227

NASSAU COUNTY LEGISLATURE

Kevin Abrahams District 1	Howard J. Kopel District 7	Joseph V. Belesi District 14
Robert Troiano, Jr. District 2	Vincent T. Muscarella District 8	Dennis Dunne, Sr. District 15
John J. Ciotti District 3	Richard J. Nicoletto District 9	Judith A. Jacobs District 16
Denise A. Ford District 4	Judi Bosworth District 10	Rose Marie Walker District 17
Joseph K. Scannell District 5	Wayne H. Wink, Jr. District 11	Diane V. Yatauro District 18
Francis X. Becker, Jr. District 6	Peter J. Schmitt District 12	David W. Denenberg District 19
	Norma L. Gonsalves District 13	

Raising Awareness



**Nassau County
Office for the Aging**

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



HEALTHY LIVING

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!**

***My Health.
My Medicare.***

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 keep from getting some diseases
- ➔ 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