**Medicare Outreach Idea of the Month**

April 2019

**Spring into Action and Promote Prevention**

Rising temperatures and melting snow are a sure sign that spring is upon us. This is a good time to remind people with Medicare about some important preventive benefits that can help them enjoy life and all that this season can offer.

Use the article below to inform people in your community about Medicare covered preventive benefits. Include the article in your newsletter or link to it from your agency website, Facebook page or other social media platform.

And if you’re looking for articles on additional topics, such as healthy choices for people with diabetes, be sure to check out the recent posts on the [Medicare Blog](https://www.medicare.gov/blog/), where helpful information is shared regularly.

**To view all the GWAAR Medicare Outreach and Assistance Resources, follow the link to our webpage:**

<https://gwaar.org/medicare-outreach-and-assistance-resources>

By the GWAAR Medicare Outreach Team

**Spring into Better Health**

After a long winter, the signs of spring are sprouting up all around us. Now is a good time to focus on your health so you can enjoy all that this season has to offer. And taking advantage of Medicare preventive benefits is the perfect way to spring into better health!

Preventive services can help you prevent illnesses and detect health problems early, when treatment works best. People with Medicare have access to a wide range of preventive tests and screenings, most at no extra cost. If you’re new to Medicare, a “Welcome to Medicare” preventive visit is covered during the first 12 months you are enrolled in Part B. The visit includes a review of your medical and social history as well as education and counseling about preventive services, including certain screenings, shots and referrals for other care, if needed. If you’ve had Part B for longer than 12 months, you can get a yearly “Wellness” visit to develop or update a personalized prevention plan based on your current health and risk factors.

You pay nothing for the “Welcome to Medicare” visit or yearly “Wellness” visit if your doctor or other health care provider accepts Medicare assignment. If additional tests or services are performed during the same visit that aren’t covered under the preventive benefit, you may have to pay coinsurance, and the Part B deductible may apply.

Medicare also covers screening tests for breast cancer, diabetes, heart disease, obesity management, and osteoporosis, just to name a few. You can find a complete list of Medicare-covered preventive services in your *Medicare and You 2019* handbook or on the Medicare website at [www.medicare.gov](http://www.medicare.gov). Talk to your doctor about what screenings and shots are right for you.

For local assistance with Medicare questions or other health insurance counseling contact <Insert Your Contact Info Here>.