**Medicare Outreach Idea of the Month**

**An Ounce of Prevention**

**July 2020**

During the last few months people with Medicare have been staying home more than ever and many continue to avoid scheduling appointments. Yet, it is important for people to keep up with activities that will help them stay healthy. This is a good time to remind them about the importance of Medicare’s Preventive Benefits.

Preventive services can help prevent illness and detect health problems early when treatment works best. Increase awareness of these services in your local community with a series of social media posts on prevention topics. You can get started by including the following message on your agency’s Facebook page:

*Take a step towards better health with Medicare’s Preventive Benefits, including cancer screenings and a yearly wellness visit. Watch this* [*video*](https://youtu.be/3ljyLlaDUEU) *from the Centers for Medicare and Medicaid Services (CMS) to learn more. For local assistance with your Medicare questions, contact <YOUR AGENCY INFORMATION HERE>.*

Additionally, CMS has created a series of YouTube videos called [Medicare and You: An Informational Series for People with Medicare](https://www.youtube.com/playlist?list=PLaV7m2-zFKpjt7jXQYFjiy6fZ9qstPlxJ). Many of these videos focus on Medicare preventive services and can be incorporated into your social media posts by including a link to the video on each specific topic.

You can also continue to keep Medicare beneficiaries informed by using [articles for Medicare outreach](https://gwaar.org/articles) in your agency newsletter from the GWAAR Medicare Outreach and Assistance website. Scroll to *Prevention* to view articles on that topic.

**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