**Medicare Outreach Idea of the Month**

**Spread the word about Medicare Benefits**

**November 2020**

As the year winds down, and people begin to prepare for the Holiday season, it may be a good time to remind them about Medicare benefits that promote better health and may even save them money in the new year.

Medicare’s preventive benefits can help prevent illness and detect health problems early when treatment works best. And it’s good to remember that financial health is an important part of a person’s overall well-being. Use the article below to inform people about Medicare preventive benefits as well as the low-income benefit programs. Share it in your agency newsletter and include a link to it from your agency Facebook page.

**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

**Help Loved Ones Make the Most of Their Medicare**

After a challenging year for everyone, the Holiday season is finally upon us. Whether you plan to gather in person or virtually this year, the holidays remain a special time to spend with family and friends. And this provides an important opportunity to check in with your loved ones. If your loved one has Medicare, tell them about some of the benefits that can help them find better health and may even save them some money in the new year.

Medicare Part B covers many preventive health services and screenings including a yearly “Wellness” visit. This visit provides an opportunity to talk with your doctor or other health care provider to develop or update a personalized plan to prevent disease based on your current health and risk factors. You pay nothing for the yearly “Wellness” visit if the doctor or other qualified health care provider accepts Medicare assignment. If the doctor or other health care provider performs additional tests or services during the same visit that are not considered preventive, you may have to pay a co-payment and the deductible may apply. But remember, if there is a health problem, early detection could save your life. More information about the preventive services covered by Medicare can be found in the *Medicare and You 2021* handbook or on the Medicare website ([www.medicare.gov](http://www.medicare.gov)).

What if your loved one is struggling to keep up with their health care costs? You may be able to help by telling them about Medicare related programs designed for Medicare beneficiaries who have limited or low income and assets. “Medicare Savings Programs” can help qualified individuals by paying their Part B premium for them. That alone can save them $144 per month. Some also have their co-pays and deductibles paid, based on their income and assets. Another program, known as “Extra Help”, assists qualified individuals with their prescription drug costs.

People with income less than $1,595 ($2,155 for a married couple) and assets less than $13,110 ($26,160 for a married couple) may be eligible for one of these programs. For more information or assistance, contact <YOUR AGENCY CONTACT INFO HERE.>

This Holiday season, enjoy the peace of mind that comes from knowing you helped your loved one make the most of their Medicare benefits.