**Medicare’s Preventive Benefits Can Help You Kick the Habit**

**(For Re-print)**

Medicare’s Preventive Benefits can help people with Medicare feel better and live healthier. The best way to stay healthy is to live a healthy lifestyle. But what if you smoke? Smoking tobacco can cause many health problems, like heart disease, respiratory diseases, and lung cancer. Quitting smoking can help prevent these health problems. Medicare can help you take the first step.

November is lung cancer awareness month. With the holiday season around the corner, this is a great time to talk with your doctor about quitting if you smoke. Medicare covers 8 face-to-face smoking cessation counseling sessions during a 12-month period. If you haven’t been diagnosed with an illness caused or complicated by tobacco use, you pay nothing for these counseling sessions, as long as you get them from a qualified doctor or another Medicare provider.

Medicare also covers a lung cancer screening once per year for people who meet all of the following conditions:

* Age 55-77
* No current signs or symptoms of lung cancer
* Current smoker or have quit within last 15 years
* A tobacco smoking history of an average of one pack a day for at least 30 years
* Obtain written order from physician or qualified non-physician practitioner

You generally pay nothing for this screening if your doctor or qualified health care provider accepts assignment.

Remember, taking advantage of these and other Part B preventive services and screenings is an important step in promoting good health.

More information about the preventive tests/screenings 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)).

By the GWAAR Medicare Outreach Team

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