**Stay Healthy with Medicare’s Preventive Services**

The best way to stay healthy is to live a healthy lifestyle. This includes exercising, eating well, keeping a healthy weight, and not smoking. Medicare’s preventive services provide another important way to stay healthy. Disease prevention and early detection services can keep you from getting certain diseases or can help you find health problems early, when treatment works best. If you have Medicare Part B, you’ll be able to get many of these preventive services at no cost to you.

Preventive services include exams, shots, lab tests, and screenings. They also include programs for health monitoring. You’ll pay nothing for many preventive services if you get them from a qualified doctor or other health care provider who accepts assignment. For some preventive services, you might have to pay a deductible, coinsurance, and/or copayment. These amounts vary depending on the type of services you need and the kind of Medicare health plan you have.

Preventive services are an important step in promoting your good health. Talk with your doctor or health care provider to find out what tests or other services you may need, and how often you need them to stay healthy.

Find more information at [www.Medicare.gov](http://www.Medicare.gov) or in your *Medicare & You 2021* handbook.

For local assistance with questions about Medicare or related programs, contact <YOUR AGENCY CONTACT INFORMATION HERE>.