**Medicare Outreach Idea of the Month**

**Partner with Your Local Nutrition Program**

**March 2021**

March is National Nutrition Month and what a great time to connect with your local nutrition programs! Although in-person senior dining services have been suspended since last March, nutrition programs around the state are still providing home-delivered meals to an increased number of participants. Many meal sites are also providing Grab-n-Go or Carry Out meals. This provides a wonderful opportunity to share important Medicare information with the participants of these programs.

Consider using one of the [home-delivered meal flyers](https://gwaar.org/api/cms/viewFile/id/2006541) to promote the low-income benefit programs or to share information about Medicare’s preventive benefits. These flyers are customizable and can point Medicare beneficiaries to your agency for help with their Medicare related questions. Ask the manager of your local nutrition program to send the flyer out with home-delivered meals and to share with their Grab n Go or Carry Out meal clients as well.

Some senior centers continue to post information on social media or in their newsletter. Some are doing in-person programming with limited capacity. Check with your local senior center for opportunities to share information with their participants. If they do publish a newsletter, offer the article below for one of their upcoming publications, or use it in your own agency newsletter.

**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**

(For Reprint)

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. Once 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 2021* 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>.