**Practice Preventive Care this Season**

Spring brings a welcome breath of fresh air, along with longer hours of daylight and a promise of warmer weather. Now is a good time to focus on your health so you can enjoy all that this season has to offer. Practicing preventive care is the perfect way to spring into better health!

Preventive services can help keep you from getting sick and find 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.

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 2022* 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>.