

## Medicare Outreach Idea of the Month

November 2024

### Prioritize Your Health with Medicare's Preventive Services

As November brings cooler temperatures and with flu season in full swing, it's the perfect time for Medicare beneficiaries to reflect on their health and well-being and take advantage of Medicare's preventive services. Staying proactive about your health not only helps prevent illnesses but also ensures that any potential issues are addressed early when treatment is most effective.

Medicare's preventive services cover a wide range of screenings, vaccinations, and wellness visits designed to support healthier aging. Whether it's getting your annual [flu shot](#) or scheduling a [wellness visit](#) with your healthcare provider, these services are covered at no additional cost to Medicare beneficiaries. Encouraging beneficiaries to use these services can significantly contribute to their overall well-being, especially as we approach the winter months.

Here are some helpful CMS consumer publications that highlight the benefits of preventive services. These resources can be shared with beneficiaries and community partners to spread awareness:

- [Your Guide to Medicare Preventive Services](#) (Product # 10110)
- [Staying Healthy: Medicare's Preventive Services](#) (Product # 11100)
- [Are You Up-To-Date on Your Medicare Preventive Services?](#) (Product # 11420)
- [Questions to ask about Preventive Services](#) (Product # 11542)
- [Protect yourself from the flu](#) (Product # 12113)
- [Medicare covers the COVID-19 vaccine](#) (Product # 12118)
- [Women & Heart Disease](#) (Product # 11294)

To help with your outreach efforts, CMS also offers bulk ordering of these and other publications:

- [Ordering Medicare Publications for Outreach](#)

Another option for sharing Medicare's preventive services is to share the November [Medicare Minute](#) from the SHIP TA Center. The SHIP TA Center's November topic is "Medicare Preventive Services". These will be shared on the

main news page, or search for “Medicare Minute” in the search bar and look under “Resource Library” for recent topics. Medicare Minutes are a great tool for outreach which include teaching materials, script, handout, and infographics to use online or in print.

As we approach a season focused on gratitude and connection, it's the perfect time to prioritize health and well-being. By using Medicare’s preventive services, beneficiaries can take proactive steps toward supporting their health and enjoy the reassurance that comes with staying ahead of potential health concerns.

By the GWAAR Medicare Outreach Coordinator

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Updates on the [Medicare Outreach and Assistance Resources webpage](#):

**Find What You Need:**

➤ [Open Enrollment Toolkit](#)

- Fall Medicare Training Materials
  - [09/30/24 D-SNP Deep Dive and Updates PPT](#) added.
  - [09/30/24 Medicare Advantage Updates PPT](#) added.
  - [10/01/24 Part D Updates PPT](#) added.
  - [10/02/24 Marketing and Senior Medicare Patrol Updated PPT](#) added.
  - [Marketing Violations SHIP/SMP Handout](#) added.
  - [2025 Part D Plans \(PDPs\)](#) added.
  - [Wisconsin Landscape of Medicare Plans \(Excel\)](#) updated with link.
  - [Plan Finder Feedback Instructions \(P-03179c\)](#) updated with link.
- Flyers, Placemats, Table Tents and More-OEP
  - [Placemat – OEP 2](#) updated.
  - [Table Tent 3-Fold – OEP](#) updated.
  - [Word Search – OEP](#) updated.