

Medicare Outreach Idea of the Month

October 2025

Promoting Medicare's Preventive Services

As we prepare for the colder months and the upcoming flu season, it is the perfect time for Medicare beneficiaries to focus on their health and well-being and take advantage of Medicare's preventive services. By being proactive about their health, beneficiaries not only maintain their wellness but also identify potential health issues early on.

It will be essential to educate beneficiaries on the different services offered like; the [Welcome to Medicare visit](#), [yearly "Wellness" visit](#), [flu shot](#), [mammograms](#), and counseling service, just to name a few. You can use the [Preventive Services Chart](#) to easily communicate what services are covered, their frequency, and if there are any specific conditions or other details related to the screenings or tests. Additionally, it is important for Medicare beneficiaries to understand that most of these services come at no cost to them.

CMS has created some useful publications about these preventive services. These resources can be shared with beneficiaries to educate them on the benefits of these services.

- [*Your Guide to Medicare Preventive Services*](#)
- [*Questions to ask about Preventive Services*](#)
- [*Are you up-to date on Your Medicare Preventive Services?*](#)
- [*Protect yourself from the Flu*](#)
- [*Staying Healthy*](#)
- [*Women and Heart Disease*](#)

By educating Medicare beneficiaries about these preventive services Medicare offers, beneficiaries can make informed and proactive decisions about their health. This can lead to earlier detection of diseases, better management of chronic conditions, and improved long term health outcomes.

By the [GWAAR Medicare Outreach Coordinator](#)

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Navigating Medicare