



Staying Healthy

You can live a healthy lifestyle and prevent disease by exercising, eating well, maintaining a healthy weight and not smoking.

Medicare can help. Medicare pays for many preventive services to help keep you healthy. Preventive services can find health problems early and fight off certain diseases.

If you have Medicare, you can get a yearly wellness visit and many other preventive services.

ASK A SHIIP COUNSELOR FOR MORE INFORMATION,
CONTACT: MCDOWELL COUNTY SHIIP @ 828-659-0821.