



Now's the time to get the most out of your Medicare. The best way to stay healthy is to live a healthy lifestyle. You can live a healthy lifestyle and prevent disease by exercising, eating well, keeping a healthy weight, and not smoking.

Medicare can help. Medicare pays for many preventive services to keep you healthy.

Preventive services can find health problems early, when treatment works best, and can keep you from getting certain diseases. Preventive services include exams, shots, lab tests, and screenings. Some of these services are: "Welcome to Medicare" Preventative visit, Annual wellness visits, Mammograms, cardiovascular screenings, Flu & Pneumococcal vaccines, diabetes screenings, Prostrate cancer screenings, and glaucoma tests. All Medicare beneficiaries with Part B are entitled to these preventative services. They also include programs for health monitoring, and counseling and education to help you take care of your own health.

<https://www.medicare.gov/Pubs/pdf/10110.pdf>