Understanding Medicare

Medicare Strives To Help You Stay Healthy— A Healthier US Starts Here ℗

(NAPSA)—If you have Medicare, three important steps can help put you on the road to better health.

• STEP 1: Know your health history.

• STEP 2: Talk to your doctor about the Medicare preventive services that are right for you.

• STEP 3: Register for My Medicare.gov on any computer.

These three easy steps can take you toward a healthier life.

Being physically active, eating a healthy diet, staying at a healthy weight and not smoking all work to keep you healthy and help you live longer. But there is more you can do to protect your health and prevent disease.

Don't overlook routine preventive services such as cancer screenings (mammogram, colorectal, prostate) and cardiovascular screenings and simple things such as getting a flu shot. These tests and services are critical to your overall health and can help you prevent diseases or detect them early, when treatment works best.

If you need help remembering the services you received and the tests you need each year, you can use the MyMedicare.gov Web tool to help you (1) track the preventive services you used and (2) remind yourself about other covered services that are right for you. You can visit the MyMedicare.gov Web site from any computer with Internet access to take advantage of these benefits. If you don't have a computer with Internet access, ask family members or loved ones if they do. Or visit your local library, where there are usually public computers with Internet access.

Start taking your three steps to prevention today. Know your health history, talk to your doctor about the screenings and services that are best for you and register for MyMedicare.gov. Set an example for your family and friends. Taking these steps can lead to better health and quality of life for you and those you love.

Look for a "Healthier US Starts Here" event in your area to learn more about Medicare preventive services. Or visit www.medicare.gov on the Web or call (800) MEDICARE (800-633-4227) to get a free copy of "Staying Healthy: Medicare's Preventive Services." On the Web, select "Find a Medicare Publication" under "Search Tools."

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