Do you wait for symptoms of disease to appear before seeking medical advice?

If so, you are not alone! There is a prevailing attitude of “If I am well, why would I need a wellness visit?” Or, “If it isn’t broken, why fix it!” The irony of this thought process is that many diseases could be prevented, delayed, or cured when detected early, or in other words “Nip it in the bud!”

Did you know that Medicare pays for many preventive services to keep you healthy?

The Affordable Care Act made improvements to original Medicare to include a yearly “Wellness” visit and many preventative services in an effort to promote quality aging.

Age Strong is an outreach effort of SeniorAge and CLAIM.

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Return survey to:

1735 S. Fort Ave. • Springfield, MO 65807
(417) 862-0762 • www.senioragemo.org

Now is the time to educate yourself and start using Medicare’s valuable “Wellness and Preventative” services.
When you become eligible for Medicare benefits you should schedule your, “Welcome to Medicare” preventive visit within your first twelve months of coverage. This is an opportunity to review your medical and family history with a professional and learn about preventive services that may apply to your needs.

Once you have had Part B for 12 months, you can schedule a yearly “Wellness” visit to develop and/or update your health risk assessment for personalized health advice. If appropriate, preventive exams, lab tests, shots, or screening services may be ordered.

Remember, early detection and intervention is when treatment works best and you can “Age Strong.”

Talk to your health care provider to find out which preventive services are appropriate for your individual situation and how often you need them. To see a detailed description of the services listed, refer to most recent “Medicare and You” book or go to www.Medicare.gov.

Other things you can do to “Age Strong” include 20-30 minutes of physical activity daily; eat a healthy, balanced diet low in saturated fat; maintain a healthy weight through portion control; and, if you smoke, speak with your doctor about getting help to quit.

Healthy habits, yearly “Wellness” checks, and preventive screenings all promote quality of life. Make an appointment today!

Medicare-Covered Preventative Services Include:

- Abdominal aortic aneurysm screening
- Alcohol misuse screening and counseling
- Bone mass measurement
- Breast Cancer screening (mammogram)
- Cardiovascular disease (behavioral therapy)
- Cardiovascular disease screening
- Cervical and vaginal cancer screening
- Colorectal cancer screenings
  - Fecal occult blood test
  - Flexible sigmoidoscopy
  - Colonoscopy
  - Barium enema
  - Multi-target stool DNA test
- Depression screening
- Diabetes self-management training
- Flu shots
- Glaucoma tests
- Hepatitis B shots
- Hepatitis C screening test
- HIV screening
- Lung Cancer screening
- Medical nutrition therapy
- Obesity screening and counseling
- Pneumococcal shot
- Prostate cancer screening
- Sexually transmitted infections screening and counseling
- Tobacco use cessation counseling
- Welcome to Medicare preventive visit (one time)
- Yearly “Wellness” visit

Please Take Our Survey

To help us in our outreach efforts, please take time to answer a few questions.

1) Do you currently have Medicare or will you have Medicare this year?
   ____ I have Medicare
   ____ I will have Medicare later this year

2) Did you know about Medicare’s “Wellness and Preventive” benefits?
   ___Yes         ___No

3) Do you think “Wellness and Preventive” benefits can help you live longer, delay or prevent diseases?
   ___Yes         ___No

4) Have you taken advantage of Medicare’s “Wellness and Preventive” benefits?
   ___Yes         ___No

5) Will you take advantage of Medicare’s “Wellness and Preventive” benefits in the future?
   ___Yes         ___No