



## Your Guide to Medicare s Preventive Services (Paperback)

By U S Department of Healt Human Services, Centers For Medicare Medicaid Services

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Now is 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. They also include programs for health monitoring, and counseling and education to help you take care of your own health. The Affordable Care Act makes many improvements to Medicare. If you have Original Medicare, you can get a yearly Wellness visit and many other covered preventive services. Whether it s online, in person, or on the phone, Medicare is committed to helping people get the information they need to make smart choices about their Medicare benefits. This publication covers preventive services, and services that help keep certain illnesses from getting worse. The services listed...



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