

## Talk to your doctor about heart disease.

It is important to ask your doctor about your risk for heart disease and what you and Medicare can do to lower your risk.

### For more information

- Register at [MyMedicare.gov](http://MyMedicare.gov) to get personalized information, track your Medicare health care claims, get updates about preventive services you can use, or find information about Medicare health and prescription drug plans.
- Visit [www.medicare.gov/Publications/Pubs/pdf/10110.pdf](http://www.medicare.gov/Publications/Pubs/pdf/10110.pdf) to view or print the publication "Your Guide to Medicare's Preventive Services."
- Call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.

Centers for Medicare & Medicaid Services

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# Women and Heart Disease

## Things You Need to Know

Are you getting the most out of your Medicare?



*My Health.  
My Medicare.*



## Things you can do to lower your risk for heart disease

### Keep a healthy...

1. Blood pressure
2. Cholesterol level
3. Weight (eat healthy) and stay active

### And...

4. Avoid or manage diabetes
5. Find healthy ways to cope with stress
6. Don't smoke

## Things Medicare covers to help prevent, diagnose, treat, or manage heart disease

1. "Welcome to Medicare" physical exam (within the first 12 months that you have Part B)
2. Cardiovascular screening
3. Clinical laboratory services (lab tests)
4. Help with diabetes
  - Diabetes screening
  - Diabetes self-management benefits
  - Medical Nutrition Therapy
5. Help to quit smoking
6. Prescription drugs (if you have Medicare prescription drug coverage)

**Note:** You may have to meet certain criteria to be covered. Coinsurance and/or deductibles may apply.