



*My Health.  
My Medicare.*

**Centers for Medicare & Medicaid Services  
National Medicare Multi-Media & Education Campaign**

**Medicare Welcomes You to Stay Healthy**

*A Healthier US Starts Here*

New to Medicare? Had a physical exam lately? Medicare welcomes people newly enrolled in Medicare with a “Welcome to Medicare” physical. Don’t miss out on this benefit! Make an appointment with your doctor right away. Medicare covers this exam within the first six months after the effective date of one’s first Medicare Part B coverage period.

At the “Welcome to Medicare” visit, talk to your doctor about your family health history and how to stay healthy. Your doctor can make sure you are up-to-date on important screenings and shots.

**What is the “Welcome to Medicare” visit?**

The “Welcome to Medicare” visit is a complete exam that checks your blood pressure, weight, and height. Your doctor will also give you, or order, an Electrocardiogram (EKG) and a simple vision screening test. Your doctor will talk to you about how to prevent disease, improve your health, and stay well.

During the visit, you may also receive a referral for other preventive services, including an ultrasound screening for an Abdominal Aortic Aneurysm (AAA). This is a serious condition that often goes undetected. Medicare covers a one-time ultrasound screening for (AAA) for people with Medicare at risk. Talk to your doctor during your visit to see if you are at risk and might qualify for this important screening so you can avoid a problem in the future.

**Even More Covered Services**

Don’t overlook routine preventive services like the “Welcome to Medicare” physical. Preventive services are critical to your overall health and can help you prevent diseases or find them early, when treatment works best.

To help you remember the services you received and the tests you need each year, visit the [MyMedicare.gov](http://MyMedicare.gov) web tool. By visiting [MyMedicare.gov](http://MyMedicare.gov) on the web, you can see a description of your covered preventive services, the last date that service was performed, and the next date you are eligible for that service. If you don’t have a computer, ask a family member or loved one if they do. Or, your local library or senior center may be able to help you look at this information.



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Start taking steps toward prevention today. These three easy steps can 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 at [MyMedicare.gov](http://MyMedicare.gov) on the web

Look for a “Healthier US Starts Here” event in your area to learn more about Medicare preventive services. Or, get free copies of “Staying Healthy: Medicare’s Preventive Services” and “Your Guide to Medicare’s Preventive Services” by visiting [www.medicare.gov](http://www.medicare.gov) on the web. On the web, select “Find a Medicare Publication” under “Search Tools.” Or, call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.

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