



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 six 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.