Talk to your doctor about heart disease

It's 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

- Visit MyMedicare.gov to get direct access to your preventive health information—track your preventive services, get a calendar of the Medicare-covered tests and screenings you're eligible for, and print a personalized "on the go" report to take to your next doctor's appointment.
- Visit Medicare.gov.
- Call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.

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Women & Heart Disease

Things you need to know

DEPARTMENT OF HEALTH & HUMAN SERVICES · USA

Things you can do to lower your risk for heart disease

Keep a healthy...

1. Blood pressure
2. Cholesterol level
3. Weight (by eating healthy and staying active)

And...

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

Medicare covers these things to help prevent, diagnose, treat, or manage heart disease:

1. Preventive visits
   - "Welcome to Medicare" preventive visit (within the first 12 months you have Part B)
   - Yearly "Wellness" visit
2. Cardiovascular screening
3. Clinical laboratory services (lab tests)
4. Help with diabetes
   - Diabetes screening
   - Diabetes self-management training
   - 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.