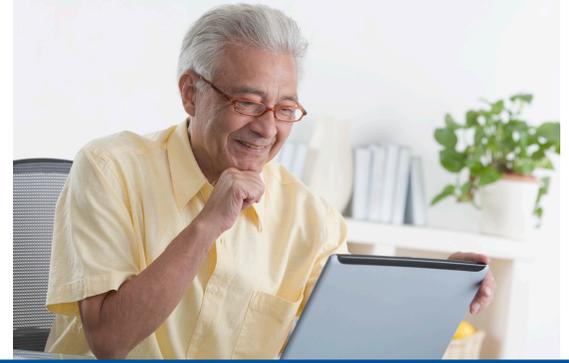


ask Medicare

Information to Help You Care for Others



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Visit
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news and updates.

Coming soon:

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Stay Healthy When You Travel

No matter where you go this summer, you want to stay healthy! [Checking your health care policy](#) should be an automatic part of your pre-trip planning. You may also want to consider [buying additional short-term travel coverage](#).

Make sure you [know about any conditions at your destination](#) that might affect your health. The Centers for Disease Control is a great resource for this type of information: www.cdc.gov/travel.

If sickness strikes, anyone who has Medicare can probably get care from almost any doctor or hospital in the USA. Check with your health plan, or visit www.medicare.gov to find a local doctor that accepts Medicare.



Covered Colorectal Screenings

Medicare covers tests to check for colon cancer, including colonoscopies, sigmoidoscopies, and fecal occult blood tests. [Talk to your doctor about which test is right for you](#). Medicare doesn't cover computed tomographic colonography (also called "virtual colonoscopy") at this time.

Get details on these and other covered Medicare Part B screenings at www.medicare.gov.



Back to (Medicare) Basics: Updated!

Medicare Basics is an easy-to-use, comprehensive guide to benefits and coverage, designed specifically for families and friends of people with Medicare. Now, it's been updated to be more helpful than ever!

Highlights include information about drug coverage, help with hospitalization and billing, coping with chronic illness, and more. Download your free copy at www.medicare.gov.

Tell us what you care about!
Email us at caregiver_comments@cms.hhs.gov.

Hospice Care

If you're caring for someone who's terminally ill, take time now to learn about hospice care.

Many people wait to take advantage of all the help and support hospice care can provide, like nursing care, doctor services, counseling, and homemaker services. Hospice staff are experts at things like [managing pain](#) and [helping you understand your loved one's needs](#).



Don't wait.

When the goal of care has shifted from getting your loved one better to keeping them comfortable... [it's time to think about hospice care](#).

Medicare covers hospice care.

If your loved one is terminally ill (they have 6 months or less to live), call your local hospice organization or your doctor to learn more about hospice. Visit www.medicare.gov for coverage details.



A Caregiver's Chance to Rest

If your loved one is getting covered hospice care, [Medicare covers respite care](#) – short inpatient stays for your loved one – so you can rest. Your loved one stays in a Medicare-approved facility (like a hospice facility or nursing home) for up to five days, and there's no limit to the number of times they can get respite care.

Caring for someone who's terminally ill is hard; it's important to take time for yourself. [Talk to your doctor or hospice provider to find out more about respite care](#).



Five Wishes: Make Your Wishes Known

Aging With Dignity offers [Five Wishes](#), a document to help you express in clear, plain language how you want to be treated if you're seriously ill and unable to speak for yourself. This is as important for you as it is for your loved one.

[Five Wishes](#) is available in 23 languages and can make it easier for people to communicate their health care preferences, bringing peace of mind to families and helping patients get the care they want. Aging with Dignity is a non-profit organization, and [Five Wishes](#) is available for a small fee to cover expenses. Visit www.agingwithdignity.org for more information.



Access Your Personal Medicare Information—It's Free!

Register with www.MyMedicare.gov, Medicare's [secure online service](#), and you can:

- Track your health care claims
- Check what you've paid toward your Part B deductible
- Track your preventive services
- Get "Medicare & You" electronically

Medicare automatically mails instructions and a password for www.MyMedicare.gov to people who are newly eligible. If you've had Medicare for a while, register by selecting "begin the registration process."

Podcasts Coming Soon

Soon you'll be able to get official Medicare news and updates via podcast, downloaded right to your computer or electronic device. Keep checking www.medicare.gov for the latest posts.



CAREGIVER TIP: Compare Hospitals

Find out if the hospitals you use give good quality care. Visit [Hospital Compare](#) to compare hospitals in your area. New information now available!