

# Prevent health problems before they happen

Your health is important. You can stay healthy by visiting your health care provider regularly for preventive services.

Preventive services can keep you from getting sick and find health problems early. If you have Medicare, you can get many of these services for free. Anyone with Medicare can use them, and there is no need to sign up or apply.

*To help you stay healthy, Medicare covers many preventive services such as:*



- Yearly "Wellness" check-ups
- Vaccinations for the flu, shingles, and COVID-19
- Screenings for cancer, diabetes, heart disease, and HIV
- Counseling to help you quit smoking
- Training on how to manage diabetes
- And more!

Our local team members can answer your questions about preventive services and how to use them. We can also provide information on other ways you can use your Medicare benefits. Our services are always free.

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**Contact us for local help.**

**Eldercare Locator**

**[eldercare.acl.gov](http://eldercare.acl.gov)**

**800-677-1116**

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