



## 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 care can keep you from getting sick and can 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 preventive services:*



- 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!

Many people with Medicare can use these programs, but you do need to meet some guidelines to apply. These guidelines may be different depending on where you live and how much money you make.

Our local team members can help you learn more about these programs in your area and help you apply if you qualify. We can also answer your questions and provide information. Even if you can't get support from these programs, we may be able to assist you in finding other ways to save money. Our services are always free.

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### Contact us for local help.

Eldercare Locator

[Eldercare.acl.gov](https://eldercare.acl.gov)

800-677-1116



The Eldercare Locator is a public service of the Administration on Aging (AoA), an agency of the U.S. Administration for Community Living. Learn more at [ACL.gov](https://acl.gov).