

How to Stay Healthy

You can stay healthy, live longer, and delay or prevent many diseases by:

Exercising—Do any physical activity you enjoy for 20–30 minutes, 5 or 6 days a week. Talk to your doctor about the right exercise program for you.

Eating well—Eat a healthy diet of different foods, like fruits, vegetables, protein (like meat, fish, or beans), and whole grains (like brown rice). You should also limit the amount of saturated fat you eat.

Keeping a healthy weight—Watch your portions, and try to balance the number of calories you eat with the number you burn by exercising.

Not smoking—If you smoke, talk with your doctor about getting help to quit.

Getting preventive services—Delay or lessen the effects of diseases by getting preventive services (like screening tests) to find disease early, and shots to keep you from getting dangerous illnesses.

For more information:

- Visit your Indian health program,
- Go online to www.medicare.gov/coverage/preventive-and-screening-services.html, or
- Call 1-800-MEDICARE (1-800-633-4227)



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Stay Healthy with Medicare

Preventive Services for American Indians and Alaska Natives

- Medicare preventive services
- How to stay healthy



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Are You Up-to-Date on Your Preventive Services?

- Medicare covers a full range of preventive services to help keep elders (65+) healthy and help find problems early when treatment is most effective
- Ask your doctor about which of these services is right for you
- Many of these services are available at your tribal clinic
- Medicare covers many of these preventive services free of charge

✓	Preventive Service	Date	Notes
	One-time “Welcome to Medicare” preventive visit (within first 12 months of enrolling in Medicare Part B)		
	Yearly “Wellness” visit (12 months after your “Welcome to Medicare” visit or 12 months after enrolling in Medicare Part B)		
	Abdominal aortic aneurysm screening		
	Alcohol misuse screening and counseling		
	Bone density test		
	Cardiovascular screenings (cholesterol, lipids, triglycerides)		
	Colorectal cancer screenings		
	Depression screening		
	Diabetes screening		
	Diabetes self-management training		
	Flu shot		
	Glaucoma test		
	Hepatitis B shot		
	Hepatitis C screening		
	HIV screening		
	Mammogram		
	Medical nutrition therapy services		
	Obesity screening and counseling		
	Pap test and pelvic exam (includes breast exam)		
	Pneumococcal (pneumonia) shot		
	Prostate cancer screenings		
	Sexually transmitted infections screening and counseling		
	Tobacco use cessation (counseling to stop smoking)		