



Women & Heart Disease

Talk to your doctor about heart disease

It's important to ask your doctor about your risk for heart disease. Medicare covers many services that can help lower your risk.

For more information

- Create a Medicare account at [MyMedicare.gov](https://www.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 report to take to your next doctor's appointment.
- Visit [Medicare.gov/coverage](https://www.medicare.gov/coverage).
- Call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.

You have the right to get Medicare information in an accessible format, like large print, Braille, or audio. You also have the right to file a complaint if you feel you've been discriminated against. Visit [Medicare.gov/about-us/accessibility-nondiscrimination-notice](https://www.medicare.gov/about-us/accessibility-nondiscrimination-notice), or call 1-800-MEDICARE (1-800-633-4227) for more information. TTY users can call 1-877-486-2048.

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Things you need to know





Ways 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 items and services 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 and behavioral therapy
3. Clinical laboratory services (lab tests)
4. Help with diabetes
 - Diabetes screening
 - Medicare’s Diabetes Prevention Program
 - Diabetes self-management training
 - Nutrition therapy services
5. Help to quit smoking
6. Prescription drugs (if you have Medicare drug coverage)

Note: You may have to meet certain criteria to be covered. Coinsurance and/or deductibles may apply.

