



*My Health.
My Medicare.*

**Centers for Medicare & Medicaid Services
National Medicare Multi-Media & Education Campaign**

**Medicare Strives to Help Keep Your Bones Healthy
A Healthier US Starts Here**

Proper diagnosis and treatment of health problems can make a big difference in your quality of life! Bone mass measurements are just another way that your Medicare benefits can help you stay healthy. Most people know that you can help keep your bones strong and prevent risks for fracture by getting the daily recommended dose of calcium and vitamin D. You may also know that for strong bones you should incorporate weight-bearing physical activity into your exercise routine. But did you know that a bone mass measurement ordered by your doctor can also keep your bones healthy by finding problems early?

Osteoporosis is a disease that causes your bones to become weak. In general, the lower your bone density, the higher your risk is for a fracture. Bone mass measurement test results will help you and your doctor choose the best way to keep your bones strong. For those enrolled in Part B, Medicare covers these measurements once every 24 months (more often if medically necessary) for people with Medicare at risk for osteoporosis.

Medicare offers many preventive services. These tests and services are critical to your overall health and can help you prevent diseases or detect them early on, when treatment works best. Take these three easy steps to help put you on the road to better health:

- STEP 1: Know your health history.
- STEP 2: Talk to your doctor about the Medicare preventive services that are right for you.
- STEP 3: Register for MyMedicare.gov on any computer connected to the Internet.

The MyMedicare.gov web tool can help you track the preventive services you have received and remind you about services for which you are eligible.

Have peace of mind for yourself, your family, and friends and start taking your three steps to prevention today. These steps can lead to better health and quality of life for you and those you love.

Look for “A Healthier US Starts Here” Medicare event in your area to learn more about Medicare preventive services. Or, visit www.medicare.gov on the web or call 1-800-MEDICARE (1-800-633-4227) to get a free copy of *Staying Healthy: Medicare’s Preventive Services*. Select “Find a Medicare Publication” under “Search Tools.”

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