



*My Health.
My Medicare.*

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

**Medicare Strives to Help Women Stay Healthy
*A Healthier US Starts Here***

As a woman, taking advantage of Medicare's preventive services is one of the smartest things you can do to stay healthy. You can take steps to help prevent breast, cervical, and vaginal cancer— and Medicare can help!

Did you know that screenings for cervical, vaginal, and breast cancers can help women stay healthy? For those enrolled in part B, Medicare covers screening Pap tests and screening pelvic exams every 24 months for all women and once every 12 months for women at high risk. In addition, Medicare covers screening mammograms under part B for all women age 40 or older once every 12 months. These screenings can help detect cancer early, when treatment works best.

All women are at risk for these cancers. To help your risk level, be sure you don't smoke and be sure to talk to your doctor about the following tests.

Pap Tests

Screening for cervical cancer can help the doctor find abnormal cells before cancer develops. Finding and treating abnormal cells can prevent most cervical cancer. Also, screening can help find cancer early, when treatment is more likely to be effective.

Pelvic Exams

While vaginal cancer is not common, be sure to have regular pelvic exams because it can often be cured when found in early stages.

Mammograms

Mammograms can detect breast cancer before you or your doctor may be able to feel it. Finding the disease early with mammograms and breast exams by your doctor or nurse can save your life. If you have a question about any breast lump, ask your doctor.

There is More You Can Do

Register at MyMedicare.gov

When you register at MyMedicare.gov on the web, you can get personalized information about your Medicare health care claims and updates about health screenings and other preventive services you can use. You can also find information about Medicare health and prescription drug plan options in your area that can help you stay healthy.

Attend a "Healthier US Starts Here" Event



My Health. My Medicare.

Look for a Medicare “Healthier US Starts Here” event in your area to learn more about how Medicare can keep you healthy, and about other preventive services Medicare covers. You can also visit www.medicare.gov on the web. Under “Search Tools,” select “Find a Medicare Publication” to look at or print a copy of “Your Guide to Medicare’s Preventive Services.” You can also call 1-800-MEDICARE (1-800-633-4227) to find out if a free copy can be mailed to you. TTY users should call 1-877-486-2048.

This information prepared by the U.S. Department of Health and Human Services.