



*My Health.
My Medicare.*

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

Welcome to Medicare
Your start to a healthy future

Have you recently enrolled in Medicare and aren't sure what to do next?

Here are a few tips to give you a jump start on a healthy future:

Step 1: Sign up for the “Welcome to Medicare” physical exam.

Call your doctor and schedule your “Welcome to Medicare” physical exam today. It's an easy way for you and your doctor to get an accurate benchmark for your health now and in the future.

During the exam, you and your physician will review your medical and family history, assess current health conditions and prescriptions, and conduct screenings to establish a baseline for future, personalized care.

You will also have an opportunity to talk about short- and long-term steps to improve your health and stay well under the care of doctors participating in the Medicare program. For example, your physician will provide you with a plan of action that may include referral for other services, including whether you should take advantage of preventive services – such as cancer screenings, flu shots, routine vaccines and diabetes tests – some of which are available for free to most Medicare beneficiaries as a result of the Affordable Care Act.

At the end of your appointment, be sure to schedule an annual “Wellness Exam” for the following year. Thanks to the Affordable Care Act, Medicare now covers a yearly check-up. It's a great way to assess changes in your health since the “Welcome to Medicare” and annual “Wellness Exam” can catch any health issues early.

Step 2: Register at MyMedicare.gov

Register at www.MyMedicare.gov for easy access to your health information. This free, secure online service provides access to personalized information regarding your Medicare benefits and services.

If you don't have a computer, ask someone you trust, like a family member or the administrator at your local senior center, to help you sign-up and regularly review your information.

Step 3: Mark open enrollment on your calendar (November 15-December 31, 2010)

Even if you've recently enrolled in Medicare, it's still a good idea to have a "coverage check up" and review your benefits and make sure that your current health and/or drug coverage best meets your health needs. You may also want to join a Medicare Drug Plan (Part D), if you haven't already. You can use what you learned during your "Welcome to Medicare" physical exam to help you choose.

The open enrollment period is only once a year, so make sure you review your options between November 15 and December 31, 2010. Medicare's popular Plan Finder tool (www.medicare.gov) and local counselors from your State's Senior Health Insurance Assistance Program (www.shiptalk.org) can help you with decisions about Open Enrollment.

Step 4: Take advantage of all your Medicare resources

Medicare offers a number of resources to help you get the most out of your benefits. Check out the "New to Medicare?" section of www.medicare.gov for information customized for new enrollees, review your "Medicare & You 2011" handbook; or call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.

More information is available at www.healthcare.gov, a new web portal from the U.S. Department of Health and Human Services.

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