

# MEDICARE MINUTE

## PREVENTIVE BENEFITS

The best way to stay healthy is to live a healthy lifestyle and prevent disease by exercising, eating well, keeping a healthy weight, and not smoking. Medicare has committed to helping you stay healthy by paying for many preventive services.

Preventive services can find health problems early, when treatment works best, and can keep you from getting certain diseases. Preventive services include exams, shots, lab tests, and screenings. They also include programs for health monitoring, counseling, and education to help you take care of your own health.

Your cost in Original Medicare for preventive benefits will typically be \$0, if your doctor or other health care providers accept assignment. You will pay more if you see a doctor or other provider that does not accept assignment. If you have a Medicare Advantage Plan, your cost may be different. You should contact your plan for details.

You can call Nebraska SHIP with questions about preventive benefits or you can access more information online at Medicare.gov. There you can track your services and get a calendar of the Medicare-covered tests and screenings you're eligible for.

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### Marketing Guidelines Q&A

**Q:** Can Medicare Advantage and Part D plan representatives give gifts?

**A:** Representatives cannot give gifts in exchange for signing up for their plan. However, they can use gifts for promotion, as long as the gift is given to everyone who attends a promotional event, not just people who sign up for the plan.

**Q:** In what locations can plan representatives contact you?

**A:** Plans are only allowed to contact you in certain locations. It is a Medicare marketing violation when a plan or plan representative contacts you in a location that is not allowed. Plans cannot:

- approach people in public areas, such as parking lots or malls.
- post plan-specific information in the waiting rooms or treatment areas of health care settings.
- go door to door promoting themselves, or visit a person without a scheduled appointment.

Contact Nebraska SHIP with questions about  
Medicare benefits or fraud.

NEBRASKA  
SHIP

Local help for Nebraskans  
with Medicare



*"America was not built on fear. America was built on courage, on imagination and an unbeatable determination to do the job at hand."*

*-President Harry S. Truman*

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**FIND THESE WORDS RELATED TO MEDICARE FRAUD.**

- HEALTH
- LIFESTYLE
- PREVENT
- DISEASE
- EXERCISING
- EATING
- SERVICES
- EXAMS
- SHOTS
- TESTS
- SCREENINGS
- COUNSELING
- ACCEPT
- PLAN
- DOCTOR
- ELIGIBLE
- GIFTS

Protecting your personal information is your best defense against health care fraud.  
 Call Nebraska SHIP if you think you may be a victim of a scam.

**1.800.234.7119**