

Spotlight Women's Health in May in Recognition of Women's Health Week, and Women's Checkup Day

Mother's Day Sunday, May 13 through Saturday, May 19 is National Women's Health Week—and Monday, May 14 is National Women's Checkup Day. National Women's Health Week brings together communities, businesses, government, health organizations, and other groups in an effort to promote women's health. This year's observance advises women that, "[It's Your Time](#)" to make health a top priority. Please join CMS in honoring women during the Month of May by supporting efforts to promote and protect the health, safety, and quality of life of women.

Did You Know?

The leading causes of death in females in the United States are:

All Females, All Ages

1. Heart Disease	25.1%	6. Unintentional Injuries	3.6%
2. Cancer	22.1%	7. Diabetes	2.9%
3. Stroke	6.7%	8. Influenza and Pneumonia	2.3%
4. Chronic Lower Respiratory Diseases	5.5%	9. Kidney Disease	2.0%
5. Alzheimer's Disease	4.3%	10. Septicemia	1.6%

2007 data. Source – Centers for Disease Control and Prevention Office of Women's Health
<http://www.cdc.gov/women/lcod/index.htm>

Medicare provides coverage for a range of preventive services that can help women prevent disease, manage their health conditions, and detect disease early. As a result of the *Affordable Care Act*, women and others with Medicare can now receive many preventive services at no additional cost.

Below is a list of some of the preventive services covered by Medicare, subject to certain requirements:

- Annual Wellness Visit
- Welcome to Medicare Preventive Visit
- Bone Mass Measurements
- Cancer Screenings such as mammograms, pap tests, pelvic exams (includes a clinical breast exam), and colorectal cancer screenings
- Cardiovascular Disease Screening
- Intensive Behavioral Therapy for Cardiovascular Disease
- Diabetes Screening
- Glaucoma Screening
- HIV Screening
- Immunizations (Seasonal Influenza, Pneumococcal, and Hepatitis B)
- Screening for Sexually Transmitted Infections (STIs) and High-Intensity Behavioral Counseling (HIBC) to prevent STIs
- Tobacco-Use Cessation Counseling
- Screening for Depression in Adults
- Intensive Behavioral Therapy for Obesity

As a provider of healthcare services to people with Medicare and women in particular, this month presents a wonderful opportunity to help women to [Take the Pledge!](#) to get healthier by recommending steps to improve their physical and mental health, as well as lower their risks for certain diseases by:

- Regular exercise/increased activity
- Healthy food choices
- Attention to mental health, including getting enough sleep and managing stress
- Avoidance of unhealthy behaviors, such as smoking and not wearing a seatbelt or bicycle helmet and
- Taking advantage of appropriate preventive services and screenings

Women are our mothers, sisters, daughters, aunts, wives, friends, neighbors, co-workers, colleagues, and caregivers – Your encouragement can help promote and improve the health, safety, and quality of life for women and just might save their lives.

More Information for Healthcare Professionals:

- [The Guide to Medicare Preventive Services for Healthcare Professionals](#)
- [CMS Prevention General Information Website](#)
- [CMS MLN Preventive Services Products Website](#)
- [Quick Reference Information: The ABCs of Providing the Annual Wellness Visit](#)
- [MLN Quick Reference Information: Medicare Preventive Services](#)
- [National Women's Health Week Website](#)
- [National Women's Checkup Day Website](#)
- [The Centers for Disease Control and Prevention Women's Health Website](#)

Thank you.