

National Women's Health Week and National Women's Checkup Day

Sunday May 8th is Mothers Day and also kicks off the 12th annual National Women's Health Week and National Women's Checkup Day, Monday, May 9th. "It's Your Time!" – is the theme for the 2011 National Women's Health Week. This week long national health observance empowers women to make their health a top priority. It also encourages them to take steps to improve their physical and mental health and lower their risks of certain diseases. Although Medicare is now helping to pay for more preventive services and screenings, many women with Medicare are not taking full advantage of them, leaving significant gaps in prevention. With your help we can begin to close the prevention gap. Please join with the Centers for Medicare & Medicaid Services (CMS) in helping women learn how they can live longer healthier lives through disease prevention, early detection, and lifestyle modifications that support a healthier life.

Medicare Coverage:

Medicare provides coverage of many preventive services and screenings that are especially meaningful to women, including, but not limited to:

- Bone Mass Measurements
- Cancer Screenings
 - Breast (Mammogram and Clinical Breast Exam)
 - Cervical and Vaginal (Pap Test and Pelvic Exam)
 - Colorectal
- Cardiovascular Disease Screenings
- Diabetes Screening
- HIV Screening
- Immunizations
 - Hepatitis B
 - Influenza
 - Pneumococcal
- Tobacco Use Cessation Counseling
- Yearly Wellness Exam (New for 2011)

Note: While coverage by Medicare is subject to certain eligibility criteria, many preventive services and screenings can now be received with no out-of-pocket costs to the beneficiary.

What Can You Do?

As a provider of health care services to people with Medicare, CMS needs your help to ensure that women with Medicare are informed about the preventive services and screenings for which they may be eligible, they understand the importance of utilizing these services, and they are encouraged to use the services that are appropriate for them. Please remember to provide referrals for services when required.

For More Information:

- [CMS Preventive Services Website](#)
- [Quick Reference Information: Medicare Preventive Services](#)
- [Medicare Learning Network® \(MLN\) Preventive Services Educational Products](#)
- [National Women's Health Week](#)
- [National Women's Checkup Day](#)

This Mothers Day, we can make a positive difference in the health of the women in our lives.

Thank you!