

One World, One Home, One Heart-World Heart Day

Saturday September 29

Heart disease and stroke are the first and fourth leading causes of death in the United States. Heart disease and stroke are the world's leading cause of death, claiming 17.3 million lives each year and the numbers are rising. Approximately 49 percent of adults have at least one major risk factor for heart disease and stroke. Risk factors include physical inactivity, obesity, high blood pressure, cigarette smoking, high cholesterol and diabetes.

Million Hearts™ is a national initiative that has set an ambitious goal to prevent 1 million heart attacks and strokes by 2017. As providers, you can help empower Americans to make healthy choices such as preventing tobacco use and reducing sodium and trans-fat consumption. Please join CMS in encouraging people with Medicare to use preventive services that can help them reduce their risk for heart disease and stroke, and live heart healthy lives.

Medicare Coverage:

Medicare Part B provides coverage for cardiovascular disease screening blood tests for asymptomatic individuals for the early detection of cardiovascular disease. The cardiovascular disease blood tests covered by Medicare include: a total cholesterol test, a cholesterol test for high density lipoproteins, and a triglycerides test. Medicare also covers tobacco-use cessation counseling services and intensive behavioral therapy for cardiovascular disease for people with Medicare that meet certain eligibility requirements.

Resources from the MLN for Healthcare Professionals:

- [Cardiovascular Disease Services Booklet](#)
- [The Guide to Medicare Preventive Services for Healthcare Professionals](#) (see Chapters 3 & 15)
- [Expanded Benefits brochure](#)
- [Tobacco-Use Cessation Counseling Services brochure](#)
- [Quick Reference Information: Medicare Preventive Services](#) chart

Other Resources for Healthcare Professionals:

- [Million Hearts™ Initiative](#)
- [World Heart Federation's World Heart Day Informational Webpage](#)

Thank you for joining CMS in educating beneficiaries about the preventive services covered by Medicare that can help them reduce their risk for heart disease and stroke, and live heart healthy lives.