



# Staying Heart Healthy with your Medicare Advantage Plan

Heart disease is the leading cause of death for both men and women in the US, according to the American Heart Association (AHA). Joining a Medicare Advantage Plan gives you access to various health benefits and covered services to help you stay heart healthy.

**Preventative Services.** Many plans cover preventative services such as screenings, immunizations and annual wellness visits. These services help you identify and treat health issues early. Identifying risk factors, unhealthy lifestyle habits, getting recommended screenings and vaccinations, are all part of ongoing heart healthy prevention and management.

**Disease Management Programs.** Participating in a disease management program helps you learn to manage chronic conditions like diabetes or high blood pressure and gives you access to information about exercise, medicine, diet, and other treatment options that will help you lower your risk for heart disease and to improve your overall quality of life.

**Fitness programs.** Fitness programs and access to gym memberships promotes a healthy lifestyle while helping you stay active. These programs may include access to fitness equipment, gym memberships, group exercise classes and more, at no additional cost.

**Access to a Care Navigator or Care Manager.** Having a dedicated person to help you navigate all of these services gives you easier access to all your benefits, so you can focus on staying healthy

