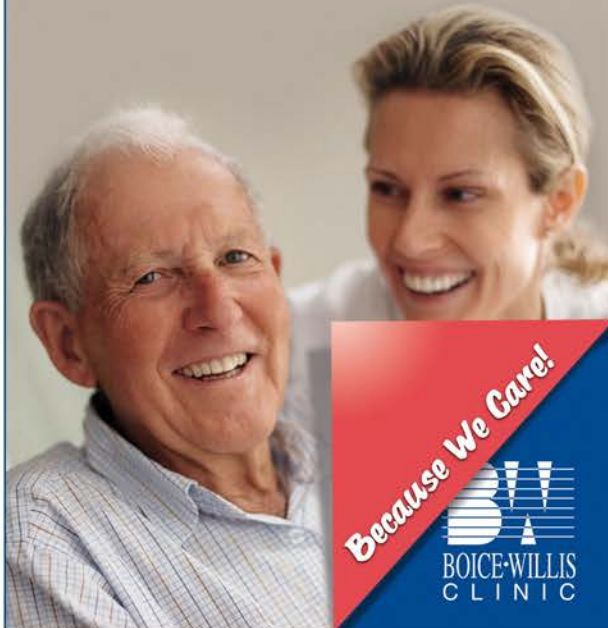


## Welcome To Medicare



Welcome to Medicare is a one time “preventive” free visit within the first year of having Medicare Part B.

It is a great opportunity to discuss your health screenings, family history and how to stay healthy.



### What You Can Expect at Your Welcome to Medicare Visit

- Be ready to provide your medical and family history, current health conditions and current medications.
- Please note that your blood pressure, vision, weight and height will be taken during the visit.

### What to bring with you to your visit:

- Medical records
- Advance Directive Documentation
- Immunization records
- Current medications including over the counter meds.



### Collaboration with your Health Care Coordinator

*There is a care coordinator on site at your facility who is available to assist you in meeting your preventative Medicare covered screenings and discuss your health care goals:*

- Colorectal screenings
- Mammogram Screening
- Lung Cancer Screening
  - Diabetic Eye Exam
  - Flu Vaccine
- Pneumonia Vaccine

For more information, please refer to [medicare.gov](http://medicare.gov) for a complete listing of preventative screenings and services.

## Why Your Screenings Are Important

### Colorectal Screening:

- Colon cancer is 90% curable, when caught early.
  - Colon cancer is the 2nd leading cause of cancer-related deaths.
- 4 out of five people diagnosed with colon cancer have no prior family history.
  - Your risk of colon cancer increases dramatically after the age of 50.
- The colonoscopy is the gold standard for screening colon cancer, however, there are other options available such as Cologuard and Hemoccult cards.

### Mammogram Screening:

- Breast cancer is the most commonly diagnosed cancer.
- 85% of breast cancer occurs in women who have no family history of breast cancer.
- Risk of breast cancer nearly double if she has a mother, sister or daughter diagnosed with breast cancer.

### Lung Cancer Screening:

- Scan recommended for people between the ages of 55 and 80, have smoked within the last 15 years and have smoked 30 pk-years or more.
- This screening is designed for people who are at high risk for lung cancer and are not having symptoms.
- The test uses up to 90% less radiation than a conventional chest CT scan.

## Why Your Screenings Are Important



### Diabetic Eye Exam:

- All diabetic patients need a yearly retinal eye exam.
- Diabetic retinopathy can lead to vision lost if not treated.
  - Most patients have no symptoms of diabetic retinopathy until the late stages.
- Most common cause of vision loss among patients of working age.



### Flu Vaccine:

- Due to weakened immune systems, the flu is more dangerous for adults 65 years of age and older.
- Flu can lead to pneumonia and serious blood infections.
- The flu vaccine is recommended once a year.



### Pneumonia Vaccine:

- As you age your immune system weakens.
- You are less likely to fight off infections at the age of 65 and older.
  - About 4,000 adults die each year because of pneumococcal infections.
- This vaccine involves a series of two shots, Prevnar 13 followed by Pneumovax 23.

## Have you had any of these screenings outside of Boice-Willis Clinic?

You may be asked to sign a Release of Information form allowing your care coordinator to obtain these records for your doctor.

Thank you for allowing Boice-Willis Clinic to assist you in meeting your health care needs and the privilege of being your Patient Centered Medical Home!



## How may I help you today?



Tammy Sauls, CMA  
Care Coordinator  
tsauls@boice-willis.com  
Rocky Mount  
Medical Park  
252-451-7564



Jeana Mendoza, RN  
Care Coordinator  
jmendoza@boice-willis.com  
Nashville  
252-459-5160  
Spring Hope  
252-478-5412



Kathryn Bain, RN  
Care Coordinator  
kbain@boice-willis.com  
PC, Rocky Mount  
252-451-3205  
Wilson (Fridays)  
252-265-0650

## Our experience improves yours!



ROCKY MOUNT | NASHVILLE | SPRING HOPE | WILSON

[www.boice-willis.com](http://www.boice-willis.com)