



# Stay Healthy **with** better Medicare benefits!



The following preventive services are free to you:

- Abdominal Aortic Aneurysm Screening
- Alcohol Misuse Screening and Counseling
- Annual Wellness Exam
- Bone Mass Measurement
- Breast Cancer Screening (Mammograms)
- Cardiovascular Disease Screenings
- Cardiovascular Disease (Behavioral Therapy)
- Cervical and Vaginal Cancer Screening
- Colorectal Cancer Screenings (certain alternative tests you still pay for)
- Depression Screening
- Diabetes Screening
- Diabetes Self Management Training
- Flu Shots
- Glaucoma Tests
- Hepatitis B Shots
- HIV Screening
- Lung Cancer Screening
- Medical Nutrition Therapy
- Obesity Screening and Counseling
- Pneumococcal Shot
- Prostate Cancer Screening
- Sexually Transmitted Infection Screening and Counseling
- Tobacco-use Cessation Counseling (if not diagnosed with tobacco use illness)
- Welcome to Medicare Exam



If you have questions, call your local Area Agency on Aging to speak to a VICAP counselor. VICAP offers free counseling to Virginia's Medicare beneficiaries.

Your local Area Agency on Aging is:

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