

## Raise health awareness

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The information within is from the Centers for Medicare & Medicaid:

More than 68 million Americans are living with high blood pressure, and many of them don't know it. High blood pressure increases the risk for heart disease and stroke, leading causes of death in the U.S. The good news is that you can help fight against cardiovascular disease and the "silent killer, high blood pressure.

On Sept. 13, 2011, the Department of Health and Human Services, with several key partners, launched the <http://www.hhs.gov/news/press/2011pres/09/20110913a.html> Million Hearts™ initiative.

The goal of this campaign is to prevent 1 million heart attacks and strokes over the next five years. Million Hearts™ focuses on empowering Americans to make healthy choices and on improving care by addressing the major risk factors for cardiovascular disease.

As a health care professional, you can help save thousands of lives over the next five years by participating in this critical campaign.

Medicare provides coverage for a variety of preventive services that can help your Medicare patients prevent and detect certain health conditions that can contribute to cardiovascular disease. These include, but are not limited to:

- Cardiovascular disease screening (total cholesterol, high-density lipoproteins, and triglycerides tests)

- Intensive behavioral therapy for cardiovascular disease

tobacco-use cessation counseling services

- Initial preventive physical exam (also commonly referred to as the "Welcome to Medicare" Preventive Visit )

- Annual wellness visit, providing a personalized prevention plan service

- Intensive behavioral therapy for obesity

- Diabetes screening

Many people's lives are endangered by heart disease—utilization of these Medicare covered services can help save those lives.