



**A MESSAGE
FROM THE
COUNTY
EXECUTIVE**

“I am announcing a new initiative to make Nassau the healthiest county in the country by the year 2020.

Healthy Nassau, as part of our 2020 Vision, will . . . encourage healthy living – tending our bodies, minds, and spirits.”

State of the County Address, March 2007

Sincerely,

Thomas R. Suozzi
County Executive

Living a Healthy Lifestyle

- Eat well
- Exercise
- Keep a healthy weight
- Do not smoke
- See your doctor regularly

When Visiting Your Doctor

- Share your complete family history
- Write down your questions
- Bring a list of all your current prescriptions, over-the counter medications, and vitamins

➔ **Take Care of Your Health!**

➔ **Stay Active!**



Medicare Preventive Services

Medicare can do more for you than simply help you cover the costs of doctor and hospital bills. It can pay for many preventive services and tests.

Medicare’s preventive benefits can help you stay one step ahead of serious illnesses or certain chronic conditions such as diabetes, heart disease, and cancer.

Use Preventive Services

- ➔ To keep from getting some diseases
- ➔ To find health problems early

Preventive Services

- Initial preventive exam
- Cardiovascular screening
- Bone mass measurement for osteoporosis
- Colorectal cancer screening
- Glaucoma screening
- Pap test and pelvic exam
- Prostate cancer screening
- Screening mammography
- Influenza vaccination
- Pneumonia vaccination
- Diabetes equipment and supplies
- Hepatitis B vaccination
- Diabetes screening
- Diabetes self-management training
- Medical nutrition therapy

