

February is American Heart Month

Cardiovascular disease—including heart disease and stroke—is the leading cause of death in the United States. Every day, 2,200 people die from cardiovascular disease—that's 815,000 Americans each year, or 1 in every 3 deaths. The good news is that many risk factors for cardiovascular disease such as hypertension, high cholesterol, and smoking can be prevented and controlled. Medicare provides payment for the following benefits that can help:

- Initial Preventive Physical Exam (also known as the “Welcome to Medicare” Visit)
- Annual Wellness Visit, including Personalized Prevention Plan Service
- Cardiovascular Screening (total cholesterol, high-density lipoproteins, and triglycerides tests)
- Intensive Behavioral Therapy for Cardiovascular Disease
- Tobacco-use Cessation Counseling Services

What Can You Do?

- Help seniors and others with Medicare better understand and identify their risk factors for heart disease and stroke
- Talk with your patients about what they can do to reduce, eliminate, or control their cardiovascular disease risk factors and encourage appropriate use of the Medicare preventive benefits that can help them reach these goals
- Learn more about, and take advantage of information provided by campaigns like American Heart Month and *Million Hearts™*, a national initiative to prevent 1 million heart attacks and strokes over five years

For More Information for Providers:

- [MLN Guide to Medicare Preventive Services for Healthcare Professionals](#)
- [MLN Expanded Benefits brochure](#)
- [MLN Annual Wellness Visit brochure](#)
- [MLN Tobacco-use Cessation Counseling Services brochure](#)
- [National Coverage Determination \(NCD\) for Intensive Behavioral Therapy for Cardiovascular Disease](#)
- [MLN Preventive Services Educational Products Webpage](#)
- [MLN Quick Reference Information: Medicare Preventive Services](#) chart for providers
- [CDC American Heart Month](#) and [CDC Heart Disease Guidelines and Recommendations](#) webpages
- [HHS Million Hearts™ Campaign](#)
- [CDC Report - Million Hearts™: Strategies to Reduce the Prevalence of Leading Cardiovascular Disease Risk Factors](#)

Thank you for joining CMS in promoting the increased awareness of cardiovascular disease, its risk factors, and related preventive benefits covered by Medicare.