

SMOKING AND TOBACCO USE CESSATION COUNSELING



Hello,

My name is Al Castellanos and I am a licensed insurance agent. Do you know what disease prevention is and why it's important? Well I am here to give you that information. Medicare pays for many preventive services to keep you healthy. These preventive services can find health problems early, when treatment works best, and can keep you from getting certain diseases.

Smoking and Tobacco use cessation counseling is one of the preventive services that is covered by Medicare.

What is it?

The U.S. Surgeon General has reported that quitting smoking and stopping other forms of tobacco use lead to significant risk reduction for certain diseases and other health benefits, even in older adults who've smoked for years. Any person who uses tobacco can get counseling from a qualified doctor or other Medicare-recognized practitioner who can help them stop using tobacco.

Risk Factors:

Smoking damages your heart and your blood circulation, increasing your risk of developing conditions such as:

- Coronary heart disease
- Heart attack
- Stroke
- Peripheral Vascular Disease (damaged blood vessels)
- Cerebrovascular Disease (damaged arteries that supply blood to your brain)

Who's covered?

People with Medicare who use tobacco.

How often is it covered?

Medicare will cover up to 8 face-to-face visits during a 12-month period. These visits must be provided by a qualified doctor or other Medicare-recognized practitioner.

Your cost if you have Original Medicare

You pay nothing for the counseling sessions.

If you have any questions regarding this exam or any of the other Preventive Service exams covered by Medicare, please contact me at (281) 642-4082 or at alcastellanos@prinsuco.com.