



In This Issue

REMINDER: You May See Changes on Your MSNs

Get Free Health Tests, With No Appointment

Have You Heard About Preventive Benefits?

Health Talk for Spanish-speakers

Cost of Caregiving Is Rising

Visit www.medicare.gov/caregivers for the latest news and broadcasts.

[Unsubscribe or change your subscriber preferences.](#)

REMINDER: You May See Changes on Your MSNs

We want to remind you that you may see changes to some of your old Medicare claims, since we adjusted how we pay for certain services in 2010. Your provider may owe you a refund for services you got in 2010, or you may have to pay your provider more coinsurance.

Check your Medicare Summary Notice for any changes. Your provider will let you know what to do next. They may send you a bill for any extra amounts you owe, or they may credit your account or send you a check for any refunds you're due.

Contact your **provider** with any questions.



Get Free Health Tests, With No Appointment



Get free health tests with no appointment right in your community during the [AARP/Walgreens health tour](#).

Get tested for cholesterol levels, blood pressure, bone density, and glucose levels as a free service. No need to make an appointment, and you'll get your results right away in a printout you can share with your doctor.

The [AARP/Walgreens health tour](#) is on the road now at Walgreen's stores and other community locations. [Find a tour stop near you](#) and take advantage of this free service, valued at \$100 per person.

Have You Heard About Preventive Benefits?

People are buzzing about it: everyone with Medicare can get a [preventive visit](#) that gives you a chance to talk with your doctor and make sure you're getting the right prescriptions and care.

Most people don't know that Medicare also covers other [preventive tests and screenings](#) - like cancer screenings and cardiovascular tests - many at no cost to you.

What are you waiting for? Call your doctor now.



Health Talk for Spanish-speakers



Conozca las preguntas ("Know the Questions") is a new Spanish-language website by the Agency for Healthcare Research and Quality (AHRQ) designed to help Spanish-speakers get more involved in their health care.

The site features tips on preparing for medical appointments and sample questions patients may want to ask about their medicines, tests, or treatment options. There's a [special website for mobile phone users](#), and you can get biweekly tips by texting "80676/Preguntas."

For more information about *Conozca las preguntas*, or to get a free, continuous-loop DVD of AHRQ's public service ads,

contact bob.isquith@ahrq.hhs.gov.

Cost of Caregiving Is Rising

The percentage of adult children caring for elderly parents has tripled since 1994. [Check out this new study](#) that explains the financial implications of becoming a caregiver, including the fact that the financial toll is worst for women.

**Tell us what YOU care about.
Email caregiver_comments@cms.hhs.gov.**

Visit www.medicare.gov/caregivers for the latest news and broadcasts.

Not a subscriber? [Sign up here.](#)

[Unsubscribe](#) or change your subscriber preferences.