



# Iowa Senior Medicare Patrol (SMP)

a Project of *Northeast Iowa Area Agency on Aging (NEI3A)*

## May 2017 News You Can Use

### HOW TO USE THE IA SMP PERSONAL HEALTH CARE JOURNAL

- Take this journal to all of your appointments.
- Ask yourself these questions before your health care appointment:
  - Is this appointment going to be covered by Medicare or my other insurance?
  - What are my symptoms?
  - When did they start?
  - What makes them better or worse?
  - What over-the-counter or prescription medications am I taking?
- Write down the answer to these questions, as well as what happens during your visit, in this journal.
  - Make sure that you understand what your physician is telling you before leaving your appointment. If you don't, ask them to try to explain what they are telling you in a different way.
- Take this journal with you when you travel, in case of emergency.
- Use this journal when checking your Medicare and health care paperwork for accuracy.

Call Iowa Senior Medicare Patrol at 800-423-2449 and request your Personal Health Care Journal today or email [IowaSMP@nei3a.org](mailto:IowaSMP@nei3a.org).



### Help Fight Medicare Fraud

Medicare fraud wastes a lot of money each year and results in higher health care costs and taxes for everyone. Con artists commit Medicare fraud by getting people's Medicare number.

*You can help fight Medicare fraud in 2 simple steps:*

1. Never give your Medicare number to get a free offer or gift.
2. Always check your Medicare statement for errors, like equipment or services you never got.

Protect your Medicare by protecting your Medicare number.



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News distributed by Iowa Senior Medicare Patrol Program, Northeast Iowa Area Agency on Aging (NEI3A), Waterloo, IA, [IowaSMP@nei3a.org](mailto:IowaSMP@nei3a.org) 1-800-423-2449 or 319-874-6853.