

HealthEASE



**WE CARE
ABOUT YOU
AND YOUR HEALTH**

OCEAN COUNTY OFFICE OF SENIOR SERVICES

Joseph H. Vicari: Freeholder Chairman

D. Jane Maloney: Director



Ocean County is dedicated to making sure seniors are aware of important information that will keep them healthy. As a result of a pilot program initiated by the State of New Jersey through Robert Wood Johnson Foundation funding, the Office of Senior Services is pleased to continue **HealthEASE** here in Ocean County.

The goal of **HealthEASE** is to improve the health and wellness of older adults through education, and the promotion and support of healthy behaviors. Programs that have been initiated throughout the County include: Health Education, Move Today Exercises, the Mind-Body Connection, Comprehensive Health Screenings, and Walking programs. A **HealthEASE** Wellness Coalition was established to guide the various activities. Our County Library, County Department of Parks and Recreation, Ocean County Health Department, our four hospitals, Office of Senior Services Advisory Council and providers, Senior Clubs and Adult Communities have all participated in this effort.

The Office of Senior Services supports ongoing screenings at your local hospital. Be sure to have regular medical check-ups and screenings, and check with your doctor before beginning a physical activity program. Medicare provides a number of preventative services. Please call the Ocean County Office of Senior Services at **732-929-2091**, **1-800-668-4899** or **1-877-222-3737** for further information; or call the Parks and Recreation Department at **732-506-9090** or **1-877-OCPARKS** to request the **Ocean Walk** brochure.

HealthEASE programs help older adults at all levels.

Remember, it's never too late to start...

"Making Choices for a Healthier Future".

*My Health.
My Medicare.*



My Health. My Medicare Preventive Services!

Today is your day!

To take control of your own health!

To change your life!

To rise to new heights!

To live a longer and healthier life!

Take Advantage!

Medicare pays for many preventive services to help keep you healthy

Talk to your doctor today!

Take advantage of Medicare preventive services

- One-time "Welcome to Medicare" physical exam
- Cardiovascular screenings
- Diabetes screenings

Screenings for early detection and treatment of cancer...

- Breast
- Cervical
- Prostate
- Vaginal
- Colorectal

Other preventive services, such as:

- Glaucoma tests
- Bone mass measurements
- Diabetes screening and self-management
- Flu shots
- Pneumococcal shot
- Hepatitis B shots

Start today!

Do it for yourself! Do it for your loved ones!

For more information call toll-free at 1-800-MEDICARE (1-800-633-4227).
TTY users should call 1-877-486-2048. Or visit www.medicare.gov on the web.