Enhancing Health Literacy and Promoting Preventive Medicine among the Geriatric Community in Buffalo, WY

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Hypothesis

Improving health literacy about preventive medicine and awareness of Medicare-covered services will increase utilization leading to a reduction in the burden of disease within the geriatric population in Buffalo, WY.

Background

- Population 4,485; 20% being adults aged 65+
- 2021 health needs assessment listed the aging population as a top 3 concern with an emphasis on Medicare benefits education
- Local nurses and physicians identified how Medicare's preventive services are underutilized
- Buffalo is geographically constrained by limited access to education on preventive healthcare



Map of Buffalo; Buffalo population sign

Literature Review

- utilization
- Research underscores the substantial role of preventive services in mitigating both mortality and morbidity, and reducing the incidence of serious conditions
- Research has shown that annual wellness visits increase the usage of preventive services and can help reduce disparities in preventive medicine within disadvantaged populations

Community Scholarly Project

- outcomes
- services

Educational interventions have been shown to increase preventive service

Enhance the literacy about preventive healthcare and its significance as a cornerstone for better overall health

Increase awareness regarding the broad array of cost-free preventive services offered by Medicare Promote annual wellness visits as the best avenue for utilizing preventive

Recommend navigating preventive medicine with collaboration and guidance from primary care providers

Deliverables to Community

- Presentation on preventive medicine and how to best utilize Medicare's services through annual wellness visits given at **Buffalo Senior Center**
- Infographic on preventive medicine, including examples of Medicare's preventive services, was handed out at presentation, as well as sent out with the Meals-on-Wheels home delivery meal service
- Infographic was displayed on the Senior Center's event display TV



Slides from Presentation



Prevent

healthcare

issues

before

they arise

Why is Preventive Care **Important?**

It saves lives cancer and

free under Medicare

What's covered by my insurance? • Most preventive

services won't cost you a dime! Most health plans an required by law to cover 100% of eligib

services No copays, deductibles.

coinsurance Whats eligible?

- Annual Wellne Visits Just a yearly check
- this **does not includ** visits for specific health concerns

How do I know my vis vill be covered? Call your doctor a

ask for your Welcome to Medicare or yearly preventive visi

What services do I get for free with Medicare Abdominal Aortic

Previous or curren nale smokers ad 65-75 years.

screening and

 Bone density screening Cardiovascular diseas

screening blood test every 5 years Cardiovascular

behavioral therap visit once a year

Cervical and vagina cancer screening

What is

Preventive

Healthcare?

Healthcare measures that prevent disease

Things you do before y get sick to **stay health**

- creening colonoscopie every 10 years • Diabetes screenings
- Diabetes self
- management training
- Flu Shots Glaucoma tests
- Immunization
- Lung cancer screening Mammogra
- services • Prostate cancer
- screenings
- So much more

Start today by scheduling your Annual Wellness Visit with your provide

Infographic (front and back)

Next Steps

- Follow up assessment on the \bullet comprehension of delivered pamphlets through conversations with local healthcare professionals
- Consider staffing limitations to an influx of annual wellness visits