



# Staying Healthy

## Medicare's Preventive Services

An easy and important way to stay healthy is to get disease prevention and early detection services. Disease prevention and early detection services can keep you from getting certain diseases or illnesses, or can find health problems early when treatment works best. Talk with your doctor or health care provider to find out what tests or other services you need and how often you need them to stay healthy.

Heart disease, cancer, stroke, and diabetes cause the most deaths of people with Medicare, but each disease can be prevented or treated more effectively when found earlier. The Centers for Medicare & Medicaid Services has joined the American Cancer Society, the American Diabetes Association, and the American Heart Association to help get the word out about the prevention and early detection services covered by Medicare. These groups have also joined together to start a public awareness campaign, “Everyday Choices for a Healthier Life,”™ which is focused on helping all Americans lower their risk of cancer, diabetes, heart disease, and stroke by taking charge of their everyday choices. To find out more about the “Everyday Choices” campaign or how to lower your risk for these four diseases, visit [www.everydaychoices.org](http://www.everydaychoices.org) on the web or call 1-866-399-6789.

## Did you know that Medicare covers...

<b>Bone Mass Measurements</b>	<p>These measurements help to see if you are at risk for broken bones. Medicare covers these measurements once every 24 months (more often if medically necessary) for people with Medicare at risk for osteoporosis.</p>
<b>Cardiovascular Screenings</b>	<p>Ask your doctor to test your cholesterol, lipid, and triglyceride levels so he or she can help you prevent a heart attack or stroke. Medicare covers tests for cholesterol, lipid, and triglyceride levels every 5 years.</p>
<b>Colorectal Cancer Screenings</b>	<p>These tests help find colorectal cancer early, when treatment works best.</p> <p>If you are age 50 or older, or are at high risk for colorectal cancer, one or more of the following tests are covered: Fecal Occult Blood Test, Flexible Sigmoidoscopy, Screening Colonoscopy, and/or Barium Enema. How often Medicare pays for these tests is different depending on the test. You and your doctor decide which is best for you and your level of risk for this cancer.</p>
<b>Diabetes Screenings</b>	<p>Medicare covers tests to check for diabetes or pre-diabetes. These tests are available if you have any of the following risk factors: high blood pressure, dyslipidemia (history of abnormal cholesterol and tryglyceride levels), obesity, or a history of high blood sugar. Tests are also covered if you have two or more of the following characteristics: age 65 or older, overweight, family history of diabetes (parents, brothers, sisters), or a history of gestational diabetes (diabetes during pregnancy) or delivery of a baby weighing more than 9 pounds.</p> <p>Based on the results of these tests, you may be eligible for up to two screenings every year. Talk to your doctor for more information.</p>
<b>Flu Shots</b>	<p>These shots help prevent influenza or flu virus. Medicare covers these shots once a flu season in the fall or winter for all people with Medicare. You need a flu shot for the current virus each year.</p>
<b>Glaucoma Tests</b>	<p>These tests help find the eye disease glaucoma. Medicare covers these tests once every 12 months for people with Medicare at high risk for glaucoma.</p>
<b>Hepatitis B Shots</b>	<p>These three shots help protect people from getting Hepatitis B. Medicare covers these shots for people with Medicare at high or medium risk for Hepatitis B.</p>

<b>Medical Nutrition Therapy Services</b>	Medicare may cover medical nutrition therapy if you have diabetes or kidney disease, and your doctor refers you for the service. Talk to your doctor for more information.
<b>Pap Test and Pelvic Exam (includes clinical breast exam)</b>	These exams check for cervical and vaginal cancers. Medicare covers these exams every 24 months for all women with Medicare, or once every 12 months for women with Medicare at high risk.
<b>Physical Exam (one-time "Welcome to Medicare" physical exam)</b>	Medicare covers a one-time review of your health, and education and counseling about preventive services, including certain screenings, shots, and referrals for other care if needed. Medicare will cover this exam if you get it within the first 12 months you have Medicare Part B.
<b>Pneumococcal Shot</b>	This shot helps prevent pneumococcal infections (like certain types of pneumonia). Medicare covers this shot for all people with Medicare Part B. Most people only need this shot once in their lifetime. Talk with your doctor.
<b>Prostate Cancer Screening</b>	These tests help find prostate cancer. Medicare covers a digital rectal exam and Prostate Specific Antigen (PSA) test once every 12 months for all men with Medicare over age 50.
<b>Screening Mammograms</b>	A type of X-ray to check for breast cancer before you or your doctor may be able to find it. Medicare covers mammograms once every 12 months for all women with Medicare age 40 and older.
<b>Smoking Cessation (Counseling to quit smoking)</b>	Counseling is available for people with Medicare who are diagnosed with a smoking-related illness or are taking medicines that may be affected by tobacco. Medicare will cover up to 8 face-to-face visits during a 12-month period. These visits must be ordered by your doctor and provided by a qualified doctor or other Medicare-recognized practitioner.

For some of these services, you might have to pay a deductible, coinsurance, and/or copayment. These amounts vary depending on the type of services you need and the kind of Medicare health plan you have.

For more details about Medicare's coverage of these preventive services, including your costs in Original Medicare, visit [www.medicare.gov](http://www.medicare.gov) to view or print the booklet "Your Guide to Medicare's Preventive Services." Or, call 1-800-MEDICARE (1-800-633-4227) and ask for a copy. TTY users should call 1-877-486-2048.

This publication was developed in cooperation with the American Cancer Society, American Diabetes Association, and American Heart Association.

*My Health.  
My Medicare.*

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