



C E N T E R S F O R M E D I C A R E & M E D I C A I D S E R V I C E S

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 can help you 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 may need, as described in the chart that follows, and how often you need them to stay healthy. If you have Original Medicare, you'll now be able to get a yearly "Wellness" visit and many preventive services at no cost to you.

The information in this publication was up-to-date when it was printed. Medicare coverage of preventive services may change at any time. Visit www.medicare.gov for more information.

Did you know that Medicare covers...

<p>Abdominal Aortic Aneurysm Screening</p>	<p>A one-time screening ultrasound for people at risk. If you have a family history of abdominal aortic aneurysms, or you're a man 65 to 75 and have smoked at least 100 cigarettes in your lifetime, you're considered at risk.</p> <p>Medicare covers this screening if you get a referral as part of your one-time "Welcome to Medicare" preventive visit.</p>
<p>Alcohol Misuse Screening and Counseling</p>	<p>Medicare covers 1 alcohol misuse screening per year for adults with Medicare (including pregnant women) to identify those who misuse alcohol, but aren't alcohol dependent. If you screen positive you can get up to 4 brief face-to-face counseling sessions per year (if you're competent and alert during counseling). A qualified primary care doctor or other primary care provider must provide the counseling in a primary care setting.</p>
<p>Bone Mass Measurement</p>	<p>These tests help to see if you're at risk for broken bones.</p> <p>Medicare covers these tests once every 24 months (more often if medically necessary) for certain people at risk for osteoporosis.</p>
<p>Cardiovascular Disease (Behavioral Therapy)</p>	<p>Medicare will cover 1 visit per year with your primary care doctor to help lower your risk for cardiovascular disease. During this visit, your doctor may discuss aspirin use (if appropriate), check your blood pressure, and give you tips to make sure you're eating well.</p>
<p>Cardiovascular Screenings</p>	<p>Ask your doctor to test your cholesterol, lipid, and triglyceride levels to help determine if you're at risk for a heart attack or stroke. If you're at risk, there are steps you can take to prevent these conditions.</p> <p>Medicare covers tests for cholesterol, lipid, and triglyceride levels every 5 years.</p>
<p>Colorectal Cancer Screenings</p>	<p>These tests help find colorectal cancer early, when treatment works best.</p> <p>If you're 50 or older, or are at high risk for colorectal cancer, Medicare covers 1 or more of these tests: fecal occult blood test, flexible sigmoidoscopy, screening colonoscopy, and barium enema. How often Medicare pays for these tests depends on the test and your level of risk for this cancer. You and your doctor decide which test is best for you.</p>
<p>Depression Screening</p>	<p>Medicare covers 1 depression screening per year for all people with Medicare. The screening must be done in a primary care setting that can provide follow-up treatment and referrals.</p>
<p>Diabetes Screenings</p>	<p>Medicare covers tests to check for diabetes or pre-diabetes. These tests are available if you have any of these risk factors: high blood pressure, dyslipidemia (history of abnormal cholesterol and triglyceride levels), obesity, or a history of high blood sugar. Tests are also covered if you have 2 or more of the following characteristics: 65 or older, overweight, family history of diabetes (parents, brothers, sisters), a history of gestational diabetes (diabetes during pregnancy), or you delivered a baby weighing more than 9 pounds.</p> <p>Based on the results of these tests, you may be eligible for up to 2 screenings each year. Talk to your doctor for more information.</p>

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Diabetes Self-Management Training	This training is for people with diabetes with a written order from a doctor or other qualified health care provider.
Flu Shots	These shots help prevent influenza or flu virus. Medicare covers these shots once each flu season in the fall or winter for all people with Medicare. You need a flu shot for the current virus each year.
Glaucoma Tests	These tests help find the eye disease glaucoma. Medicare covers these tests once every 12 months for people at high risk for glaucoma.
Hepatitis B Shots	This series of 3 shots helps protect people from getting Hepatitis B. Medicare covers these shots for people at high or medium risk for Hepatitis B.
HIV Screening	Medicare covers HIV (Human Immunodeficiency Virus) screening for pregnant women and people at risk for this infection, including anyone who asks for the test. Medicare covers this test once every 12 months or up to 3 times during a pregnancy.
Mammogram Screening (Breast Cancer Screening)	A type of X-ray to check for breast cancer before you or your doctor may be able to find it manually. Medicare covers mammograms once every 12 months for all women 40 and older. Medicare also covers 1 baseline mammogram for women between 35 and 39.
Medical Nutrition Therapy Services	Medicare may cover medical nutrition therapy and certain related services if you have diabetes or kidney disease, or you have had a kidney transplant in the last 36 months, and your doctor or other health care provider refers you for the service.
Obesity Screening and Counseling	If you have a body mass index of 30 or more, Medicare covers intensive counseling to help you lose weight. This counseling may be covered if you get it in a primary care setting, where it can be coordinated with your comprehensive prevention plan. Talk to your primary care doctor or other primary care provider to find out more.
Pap Test and Pelvic Exam (also includes a breast exam)	These lab tests and exams check for cervical and vaginal cancers. Medicare covers these tests and exams every 24 months for all women and once every 12 months for women at high risk.
Pneumococcal Shot	This shot helps prevent pneumococcal infections (like certain types of pneumonia). Medicare covers this shot for all people with Medicare. Most people only need this shot once in their lifetime. Talk with your doctor.

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<p>Preventive Visits</p>	<p>One-time “Welcome to Medicare” preventive visit—Medicare covers a review of your health and education and counseling about preventive services, including certain screenings, shots, and referrals for other care, if needed.</p> <p>Medicare covers this visit only in the first 12 months of Medicare Part B coverage.</p> <p>Yearly “Wellness” visit—If you’ve had Part B for longer than 12 months, you’re eligible for a yearly wellness visit to develop or update a personalized prevention plan based on your current health and risk factors.</p> <p>Medicare covers this visit once every 12 months.</p>
<p>Prostate Cancer Screenings</p>	<p>These tests help find prostate cancer.</p> <p>Medicare covers a digital rectal exam and a Prostate Specific Antigen (PSA) lab test once every 12 months for all men over 50 with Medicare (coverage begins the day after your 50th birthday).</p>
<p>Sexually Transmitted Infections Screening and Counseling</p>	<p>Medicare covers sexually transmitted infection (STI) screenings for chlamydia, gonorrhea, syphilis, and Hepatitis B. These screenings are covered for people with Medicare who are pregnant and/or for certain people who are at increased risk for an STI when the tests are ordered by a primary care provider. Medicare covers these tests once every 12 months or at certain times during pregnancy.</p> <p>Medicare also covers up to 2 individual 20 to 30 minute, face-to-face high-intensity behavioral counseling sessions each year for sexually active adults at increased risk for STIs. Medicare will only cover these counseling sessions if they’re provided by a primary care provider and take place in a primary care setting, like a doctor’s office. Counseling conducted in an inpatient setting, like a skilled nursing facility, won’t be covered as a preventive benefit.</p>
<p>Tobacco Use Cessation Counseling</p>	<p>Tobacco use cessation counseling is covered for people who smoke or use other tobacco products and haven’t been diagnosed with an illness caused or complicated by tobacco use. Medicare will cover up to 8 face-to-face visits during a 12-month period. These visits must be provided by a qualified doctor or other Medicare-recognized practitioner.</p>

What you pay

You will pay nothing for many preventive services if you get them from a qualified doctor or other health care provider who accepts assignment. For some preventive 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 information

For more details about Medicare’s coverage of these preventive services, including your costs in Original Medicare, visit www.medicare.gov/publications 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.

You can also visit www.MyMedicare.gov to get direct access to your preventive health information—24 hours a day, every day. You can track your preventive services, get a 2-year calendar of the Medicare-covered tests and screenings you’re eligible for, and print a personalized “on the go” report to take to your next doctor’s appointment. Visit the Web site, sign up, and Medicare will send you a password to allow you access to your personal Medicare information.