

# STAY HEALTHY

## by Using Your Medicare Preventive Services Benefit!

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Preventive services can find health problems early, when treatment works best, and can keep you from getting certain diseases.

Preventive services include exams, shots, lab tests, and screenings. They also include programs for health monitoring, and counseling and education to help you take care of your own health.

This guide gives an overview of your preventive services benefits. Most of the services are available to you FREE! Contact your physician/health care provider to ask about receiving these services.



### YEARLY CHECK-UP

#### “Welcome to Medicare” Preventive Visit:

A one-time preventive visit within the first 12 months that you have Medicare Part B (Medical Insurance).

**Yearly “Wellness” Visit:** A doctor’s visit to develop or update your prevention plan.

### HEART HEALTH

#### Abdominal Aortic Aneurysm (AAA)

**Screening:** A one-time ultrasound for people with a family history of AAA, or a man 65–75 who smoked at least 100 cigarettes in his lifetime.

**Cardiovascular Disease (Behavioral Therapy):** Discuss aspirin regimen when benefits outweigh risks, screening for high blood pressure, and counseling to promote a healthy diet.

**Cardiovascular Disease Screening:** Lab tests to check your cholesterol and other blood fat (lipid) levels for risk of heart disease and stroke.

**Smoking and Tobacco Use Cessation Counseling:** Any person who uses tobacco can get counseling from a qualified doctor or practitioner who can help them stop.



### CANCER SCREENINGS

#### Cervical and Vaginal Cancer Screening:

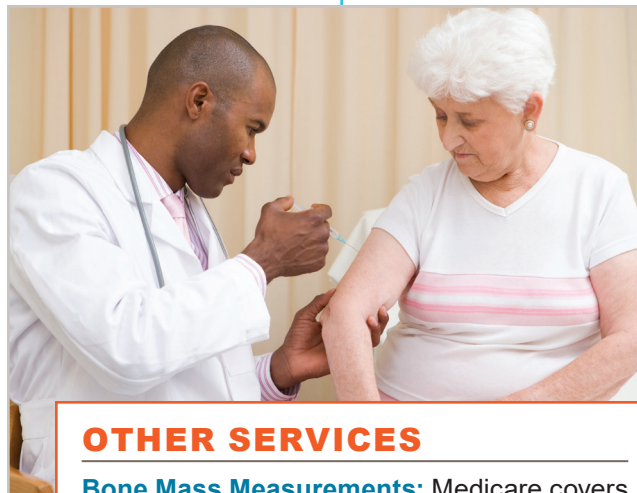
Covered to check for cancer, along with a pelvic exam on patients 30 – 65 years old.

**Colorectal Cancer Screening:** Helps find pre-cancerous polyps in the colon and remove them before they become cancerous, or to find cancer at an early stage.

**Lung Cancer Screening:** Covers the screening with Low Dose Computed Tomography (LDCT) if you meet specific criteria based your risks of lung cancer.

**Mammograms (Breast Cancer Screening):** Covered to check for breast cancer before you or a doctor may be able to find it manually.

**Prostate Cancer Screening:** Medicare covers both the Prostate Specific Antigen (PSA) and digital rectal tests.



### OTHER SERVICES

**Bone Mass Measurements:** Medicare covers bone mass measurements to see if you’re at risk for broken bones due to osteoporosis.

**Glaucoma Tests:** Regular eye exams for people at high risk.

**Hepatitis B Virus (HBV) Infection Screening:** Covered if you are high risk for HBV infection or pregnant.

**Hepatitis C Screening Test:** Covered if you’re at high risk because you have/had a history of illicit injection drug use, had a blood transfusion before 1992, or were born between 1945-1965.

### PRE-DIABETES/DIABETES

**Diabetes Self-Management Training:** Covered for people with diabetes to teach them to manage their diabetes.

**Diabetes Screening and Self-Management Training:** A blood screening test to check for diabetes for people at risk.

**Medicare Diabetes Prevention Program:** A once-per-lifetime proven health behavior change program to help you prevent type 2 diabetes.

**Medical Nutrition Therapy (MNT):** May be covered if you have diabetes or kidney disease, or you’ve had a kidney transplant in the last 36 months.

### SHOTS

**Flu Shots:** Covered once every flu season. This is especially important for those who have chronic illnesses.

**Hepatitis B Shots:** Covered for those at medium to high risk, including hemophilia, diabetes, or End-Stage Renal Disease (ESRD).

**Pneumococcal Shots:** Covered once in a lifetime. A different, second shot is covered 11 months after you get the first.

### SOCIAL/MENTAL HEALTH

**Alcohol Misuse Screening and Counseling:** Medicare adults who use alcohol, but don’t meet the medical criteria for alcohol dependency.

**Depression Screening:** Medicare covers one visit per year for all people with Medicare.

**Human Immunodeficiency Virus (HIV) Screening:** Covered if you’re 15–65; or younger than 15 or older than 65 and at an increased risk for HIV.

**Obesity Screening and Counseling:** Covers therapy for people with obesity, defined as a body mass index (BMI) of 30 or more.

**Sexually Transmitted Infection (STI) Screenings and Counseling:** Medicare covers STI screenings for chlamydia, gonorrhea, syphilis, and/or Hepatitis B.



# PREVENTIVE SERVICES

## AT-A-GLANCE CHECKLIST

**Medicare covers a full range of preventive services to help keep you healthy and help find problems early. Ask your doctor about these preventive services. Keep track of dates in the spaces provided.**

- One time “Welcome to Medicare” Preventive Visit—within the first 12 months you have Medicare Part B (Medical Insurance) \_\_\_\_\_
- Yearly “Wellness” Visit—get this visit 12 months after your “Welcome to Medicare” preventive visit or 12 months after your Part B effective date \_\_\_\_\_
- Abdominal Aortic Aneurysm Screening \_\_\_\_\_
- Alcohol Misuse Screening and Counseling \_\_\_\_\_
- Bone Mass Measurement (Bone Density Test) \_\_\_\_\_
- Cardiovascular Disease (Behavioral Therapy) \_\_\_\_\_
- Cardiovascular Screenings (cholesterol, lipids, triglycerides) \_\_\_\_\_
- Colorectal Cancer Screenings \_\_\_\_\_
- Depression Screening \_\_\_\_\_
- Diabetes Screening \_\_\_\_\_
- Diabetes Self-management Training \_\_\_\_\_
- Flu Shot \_\_\_\_\_
- Glaucoma Test \_\_\_\_\_
- Hepatitis B Screening \_\_\_\_\_
- Hepatitis C Screening \_\_\_\_\_
- HIV Screening \_\_\_\_\_
- Lung Cancer Screening \_\_\_\_\_
- Mammogram (screening for breast cancer) \_\_\_\_\_
- Medical Nutrition Therapy Services \_\_\_\_\_
- Medicare Diabetes Prevention Program \_\_\_\_\_
- Obesity Screening and Counseling \_\_\_\_\_
- Pap Test and Pelvic Exam (includes a breast exam) \_\_\_\_\_
- Pneumococcal Shots \_\_\_\_\_
- Prostate Cancer Screening \_\_\_\_\_
- Sexually Transmitted Infection Screening and Counseling \_\_\_\_\_
- Counseling to Prevent Tobacco Use and Tobacco-Caused Disease \_\_\_\_\_

**Do you have questions?** Call the Senior Health Insurance Program (SHIP).

- In Kentucky, call KY SHIP at 1.877.293.7447 (option #2)
- In Ohio, call OSHIIP at 1.800.686.1578