**See** [www.medicare.gov](http://www.medicare.gov) for more specific information on your covered preventive services.

**Create** an online record of your care at [www.mymedicare.gov](http://www.mymedicare.gov)

**Exercise** your right to make informed decisions about your coverage.

**Call 1-800-333-4374 for assistance.**

OPEN ENROLLMENT PERIOD: OCTOBER 15TH – DECEMBER 7TH

# MEDICARE PREVENTIVE SERVICES CHECKLIST

|  |  |  |  |
| --- | --- | --- | --- |
| **Date Service Received** | **Service** | **How Often?** | **Cost to Beneficiary** |
| \_\_ /\_\_/201\_ | Annual Wellness Exam | Once every 12 months | Medicare Pays 100% |
| \_\_ /\_\_/201\_ | “Welcome to Medicare” Physical Exam | Once within the first 12 months you have Part B | Medicare Pays 100% |
| \_\_ /\_\_/201\_ | Abdominal Aortic Aneurysm Screening | Once for those at-risk | Medicare Pays 100% |
| \_\_ /\_\_/201\_ | Alcohol Misuse Screening & Counseling | Screening once per year  Counseling 4 times per year | Medicare Pays 100% |
| \_\_ /\_\_/201\_ | Bone Mass Measurement | Every 24 months for those with certain medical conditions | Medicare Pays 100% |
| \_\_ /\_\_/201\_ | Cardiovascular Screening | Once every 5 years | Medicare Pays 100% |
| \_\_ /\_\_/201\_ | Cardiovascular Disease Risk Reduction | One visit every year | Medicare Pays 100% |
| \_\_ /\_\_/201\_ | Cervical Cancer Screening  (Pap Smear and Pelvic Exam) | Once every 24 months or every 12 months for those at high-risk | Medicare Pays 100% |
| \_\_ /\_\_/201\_ | Colorectal Cancer Screening | Frequency based on test for those age 50 and older | Medicare Pays 100% for most tests |
| \_\_ /\_\_/201\_ | Depression Screening | One screening per year | Medicare Pays 100% |
| \_\_ /\_\_/201\_ | Diabetes Screening | One to two per year based on risk factors | Medicare Pays 100% |
| \_\_ /\_\_/201\_ | Diabetes Self-Management Training | Education for those with diabetes – written medical order needed | 20% of Medicare approved amount (subject to deductible) |
| \_\_ /\_\_/201\_ | Flu Shot | Once per Flu Season | Medicare Pays 100% |
| \_\_ /\_\_/201\_ | Glaucoma Screenings | Every 12 months for those at risk | 20% of Medicare approved amount (subject to deductible) |
| \_\_ /\_\_/201\_ | Hepatitis B Shot | Based on risk factors | Medicare Pays 100% |
| \_\_ /\_\_/201\_ | HIV Screening | Once every 12 months | Medicare Pays 100% for the test (subject to 20% co-pay for doctor’s visit) |
| \_\_ /\_\_/201\_ | Breast Cancer Screening (Mammogram) | Every 12 months for women age 40 & older | Medicare Pays 100%, unless diagnostic test |
| \_\_ /\_\_/201\_ | Medical Nutrition Therapy | Two hours per year for people with diabetes or kidney disease or with kidney transplant | Medicare Pays 100% |
| \_\_ /\_\_/201\_ | Obesity Screening & Counseling | For those at risk, 1 visit/week for first month, then frequency varies | Medicare Pays 100% |
| \_\_ /\_\_/201\_ | Pneumococcal Shot | Usually once in a lifetime | Medicare Pays 100% |
| \_\_ /\_\_/201\_ | Prostate Cancer Screening | Once every 12 months for men aged 50 and older | Medicare Pays 100% based on test |
| \_\_ /\_\_/201\_ | Sexually Transmitted Infections Screening & Counseling | For those at risk, Screening once every 12 months, Counseling twice every 12 months | Medicare Pays 100% |
| \_\_ /\_\_/201\_ | Smoking & Tobacco Cessation | Up to 8 face-to-face visits/yr | Medicare Pays 100%, if no tobacco related illness |