

## Quick Reference: Medicare's Preventive Benefits

### Periodic Visits

Name	Frequency	Cost in Original Medicare	Notes
<b>"Welcome to Medicare" Exam</b>	One-time, and only during first 12 months after enrolling in Medicare Part B	None for this service  <b>Note:</b> May be cost sharing if other services delivered during same encounter	<ul style="list-style-type: none"> <li>See <a href="#">A Closer Look: Welcome to Medicare Exam</a></li> <li>Only 100,000 have used this coverage annually since inception in 2005</li> </ul>
<b>Annual Wellness Visit</b>	Once every 12 months, beginning 12 months after the "Welcome to Medicare" Exam or 12 months after enrolling in Medicare Part B (if person didn't get "Welcome to Medicare" exam)	None for this service  <b>Note:</b> May be cost sharing if other services delivered during same encounter	<ul style="list-style-type: none"> <li>See <a href="#">A Closer Look: Annual Wellness Visit</a></li> <li>As of July 2011, fewer than 1 million have used this coverage, which started 2011</li> </ul>

### Screening Tests (in alpha order)

Name	Frequency & Other Coverage Criteria	Cost in Original Medicare	Notes
<b>Abdominal Aortic Aneurysm Screening</b>	Once, if referred during "Welcome to Medicare" Exam due to risk factors	No deductible or 20% coinsurance as long as provider accepts assignment	See <a href="#">abdominal aortic aneurysm screening</a>
<b>Alcohol Misuse Screening and Counseling</b>	<p><b>Screening:</b> Once a year, if do not have dependence on alcohol</p> <p><b>Counseling:</b> Up to 4 face-to-face counseling sessions with qualified primary doctor or provider</p>	No deductible or 20% coinsurance as long as provider accepts assignment	See <a href="#">alcohol misuse screening and counseling</a>

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<b>Bone Mass Measurement</b>	Every 2 years, if meet risk factors for osteoporosis	No deductible or 20% coinsurance as long as provider accepts assignment	See <a href="#">bone mass measurement</a>
<b>Breast Cancer Screening (Mammogram)</b>	Generally every 12 months if female and age 40+	No deductible or 20% coinsurance as long as provider accepts assignment	See <a href="#">breast cancer screening</a>
<b>Cardiovascular Screening (Cholesterol and Lipids Test and Risk Screening)</b>	<b>Blood test:</b> Generally once every 5 years  <b>Screening:</b> Once a year, to see if at risk for heart disease	Test and screening are free as long as provider accepts assignment; may pay 20% coinsurance for office visit	QMB or Medigap will cover the 20% coinsurance, as do most retiree health insurance policies  Charges may differ in Medicare Advantage plans  See <a href="#">cardiovascular screening</a>
<b>Cervical/Vaginal Cancer Screening (Pap Test and Pelvic Exam)</b>	Every 2 years, or every year for women at higher risk (including child-bearing age, and cancer or abnormal tests in last 3 years)	No deductible or 20% coinsurance as long as provider accepts assignment  <b>Note:</b> May be Part B charges for other care delivered during the visit	See <a href="#">cervical screenings</a>
<b>Colon Cancer Screening</b>	Age 50+  Coverage depends on test: <ul style="list-style-type: none"><li>▪ Fecal blood test every 12 months</li><li>▪ Flexible sigmoidoscopy: every 4 years</li></ul>	Test is free; may pay 20% coinsurance for office visit  Part B deductible (\$140 in 2012); 20% cost sharing	QMB or Medigap will cover the 20% coinsurance, as do most retiree health insurance policies  Charges may differ in Medicare Advantage plans  See <a href="#">colon screening</a>

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	<ul style="list-style-type: none"> <li>▪ Colonoscopy: If at high risk, every two years; if at low-risk, every 10 years, <i>but</i> not within 2 years of sigmoidoscopy</li> <li>▪ Barium enema: every 4 years, or if at high risk every 2 years instead of a colonoscopy</li> </ul>	<p>Part B deductible, 20 % coinsurance <i>or</i> 25% cost sharing if done in outpatient hospital setting</p> <p>Part B deductible 20 % cost sharing <i>or</i> 25% cost sharing if done in outpatient hospital setting</p>	
<b>Depression Screening</b>	Once a year, as long as done in a primary care setting	No deductible or 20% coinsurance as long as provider accepts assignment	See <a href="#">depression screening</a>
<b>Diabetes Screening</b>	Up to two tests a year if at high risk (i.e., history of high blood pressure, high cholesterol, high blood sugar)	No deductible or 20% coinsurance as long as provider accepts assignment	See <a href="#">diabetes screening</a>
<b>EKG Screening</b>	Once, upon referral at the "Welcome to Medicare" Exam	Test is free; may have to pay 20% coinsurance and any remaining Part B deductible (\$140 in 2012) for office visit	<p>QMB or Medigap will cover the 20% coinsurance, as do most retiree health insurance policies</p> <p>Charges may differ in Medicare Advantage plans</p> <p>See <a href="#">EKG screening</a></p>
<b>Glaucoma Test</b>	Once a year if at high risk (i.e., family history of glaucoma, have diabetes, are African American & age 50+, or are Hispanic and 65+)	20% coinsurance and any remaining Part B deductible (\$140 in 2012)	<p>QMB or Medigap will cover the 20% coinsurance, as do most retiree health insurance policies</p> <p>Charges may differ in Medicare Advantage plans</p> <p>See <a href="#">glaucoma test</a></p>

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<b>HIV Screening</b>	Once a year except every 3 months for pregnant women	Test is free and no Part B deductible; may be 20% coinsurance for office visit	See <a href="#">HIV screening</a>
<b>Obesity Screening and Counseling</b>	<p><b>Screening:</b> Once a year</p> <p><b>Counseling:</b> If screen positive (BMI <math>\geq</math>30), covered up to 12 months of sessions including:</p> <ul style="list-style-type: none"> <li>▪ one face-to-face counseling session each week for the first month,</li> <li>▪ one face-to-face counseling session every other week for months 2-6, AND</li> <li>▪ one face-to-face counseling session every month for months 7-12, if you continue to meet the weight loss goals established with your doctor.</li> </ul>	No deductible or 20% coinsurance as long as provider accepts assignment	See <a href="#">obesity screening and counseling</a>
<b>Prostate Cancer Screening</b> (Rectal Exam and PSA Blood Test)	Men age 50+	PSA test is free; 20% coinsurance and any remaining Part B deductible (\$140 in 2012) for rectal exam	QMB or Medigap will cover the 20% coinsurance, as do most retiree health insurance policies  Charges may differ in Medicare Advantage plans  See <a href="#">prostate screening</a>

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### Preventive Services

Name	Frequency & Other Coverage Criteria	Cost in Original Medicare	Notes
<b>Diabetes Self-Management</b> (Training on how to monitor blood sugar, eat right, exercise, administer insulin if taking)	Diagnosed with diabetes, with written order from provider	20% coinsurance and any remaining Part B deductible (\$140 in 2012)	QMB or Medigap will cover the 20% coinsurance, as do most retiree health insurance policies  Charges may differ in Medicare Advantage plans  See <a href="#">diabetes training</a>
<b>Diabetes Supplies</b> (blood sugar test strips, testing monitors, lancets and test solutions)  <b>NOTE:</b> Insulin and oral anti-diabetic meds are covered by Part D	Diagnosed with diabetes	20% coinsurance and any remaining Part B deductible (\$140 in 2012)	QMB or Medigap will cover the 20% coinsurance, as do most retiree health insurance policies  Charges may differ in Medicare Advantage plans  See <a href="#">diabetes supplies</a>
<b>Flu Shot</b>	Annually in late-fall-winter	Shot is free	See <a href="#">flu shot</a>
<b>Hepatitis B shot</b> (3 shots to protect)	Medium to high risk (i.e., people with hemophilia, ESRD, or lower resistance to infection)	Shot is free	See <a href="#">hepatitis shot</a>
<b>Pneumococcal Shot</b>	Generally once if your lifetime	Shot is free	See <a href="#">pneumococcal shot</a>
<b>Smoking Cessation Counseling</b> (Up to 8 face-to-face visits with a qualified professional)	Anyone who wants to quit smoking	Counseling is free	See <a href="#">smoking cessation counseling</a>

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