Preventive Benefits in Medicare



Medicare covers many preventive health benefits

These include a yearly wellness visit, cancer screenings, and vaccines. The services below are available to everyone with Medicare Part B.

Benefit	Frequency	Cost
Welcome to Medicare Exam (page 2)	Once, in your first year with Part B	\$0
Annual Wellness Visit (page 2)	Once a Year	\$0
Alcohol Misuse Screening	Once a Year \$0	
Cardiovascular Disease Screening	Once every 5 Years \$0	
Cardiovascular Behavioral Therapy	Once a Year \$0	
Depression Screening	Once a Year \$0	
Mammogram, age 40+	Once a Year \$0	
Cervical Cancer Screening with Pap and Pelvic Exam	Once every 2 Years \$0	
Prostate Cancer Screening, age 50+	Once a Year \$0 to 20%	

Vaccines covered by Medicare			
Hepatitis B	Pneumonia	Tdap	
Influenza	COVID-19	Shingles	
Some of these vaccines are covered by Part B and others may be covered by your Part D prescription drug plan.			

Does Medicare Cover an Annual Physical Exam?

Medicare does not cover the traditional full physical you might be familiar with. But Medicare does cover a Welcome to Medicare preventive exam during your first year of Part B Medicare coverage and an annual Wellness Checkup each year.



What's the difference?

The Welcome to Medicare exam is a preventive visit, not a head-to-toe physical exam. The aim is to promote general health and help prevent diseases. Clinical lab tests and other diagnostic tests are not included. If problems are detected during the Welcome to Medicare exam or Wellness visit, your provider may order diagnostic tests, but Medicare may bill you for any diagnostic care you receive in connection with a preventive visit.

There is no cost for the Welcome to Medicare preventive exam or the annual Wellness visit. To avoid unexpected costs, however, when you schedule your appointment be sure to request the covered Wellness visit instead of a physical exam.

The Welcome to Medicare exam will:

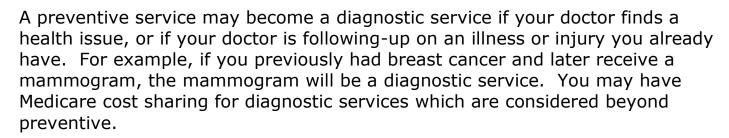
- ✓ Check your height, weight, blood pressure, body mass index (BMI), and vision
- ✓ Review your medical and social history and give you a health risk assessment
- ✓ Make a list of your current providers, medications, and durable medical equipment suppliers
- ✓ Create a written 5-10 year screening schedule or checklist
- ✓ Review your potential for depression and other mental health conditions
- ✓ Review your ability to function safely in the home and community
- ✓ Provide you with education, counseling and referrals related to your risk factors and other health needs

The Annual Wellness visits will:

- ✓ Check height, weight, blood pressure and other routine measurements
- ✓ Update your health risk assessment
- ✓ Update your medical and family history
- ✓ Update your list of current medical providers and suppliers
- ✓ Update your written screening schedule
- ✓ Screen for cognitive issues and depression
- ✓ Provide health advice and referrals to health education and/or preventive counseling services

The preventive services below are covered by Medicare if you meet certain requirements. Many have no co-payments and are not subject to any deductible. Talk to your doctor to make sure you qualify.

- ✓ Cancer screenings: colorectal cancer, lung cancer
- ✓ Cervical cancer screening with HPV Test
- ✓ Diabetes screening and diabetes self-management training
- ✓ Glaucoma screening
- ✓ Bone mass measurement
- ✓ Hepatitis B and Hepatitis C screening
- ✓ Screening for HIV and sexually transmitted infections
- ✓ Obesity behavioral therapy
- ✓ Medical nutritional therapy
- ✓ Counseling to prevent tobacco use
- ✓ Ultrasound screening for Abdominal Aortic Aneurysm





EMPLOYMENT & HUMAN SERVICES And you can always contact us at Contra Costa HICAP for any issues or help with Medicare.

Contra Costa Health Insurance Counseling and Advocacy Program (HICAP)

For assistance call HICAP: 925-655-1393,
or 800-434-0222, or 800-510-2020 (from land lines)

e-mail: ehsdhicap@ehsd.cccounty.us Visit: www.cchicap.org

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Navigating Medicare

