



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



A preventive service may become a diagnostic service if your doctor finds a health issue, or if your doctor is following-up on an illness or injury you already have. For example, if you previously had breast cancer and later receive a mammogram, the mammogram will be a diagnostic service. You may have Medicare cost sharing for diagnostic services which are considered beyond preventive.



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

Contra Costa County Health Insurance Counseling and Advocacy Program (HICAP)
Contact Us: 925-655-1393, (800) 510-2020 or (800) 434-0222
Email: ehsdhicap@ehsd.cccounty.us Visit: www.cchicap.org



Navigating Medicare



This project was supported, in part by grant number CFDA 93.324 and support as a part of a financial assistance award totaling \$68,938 with 100% funding from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.