Medicare Wellness and Preventative Services –

Text Only Brochure

As covered by Part B, under original Medicare.

MMAP is a free state-wide service that can help you make informed health benefit decisions and explain your options.

MMAP counselors can answer your questions about Medicare, including those about preventive services. The number below will connect you to a counselor

at the MMAP office that serves your community.

1-800-803-7174

Local help for people with Medicare

You Can Prevent Illness By:

* Exercising
* Eating well
* Keeping a healthy weight
* Not smoking
* Getting preventive services

Whether it’s online, in person, or on the phone, Medicare is committed to helping people get the information they need to make smart choices about their Medicare benefits. You can get personalized help at [www.medicare.gov](http://www.medicare.gov).

1-800-MEDICARE

(1-800-633-4227).

TTY users call 1-877-486-2048.

**What’s New?**

The Affordable Care Act makes many improvements to Medicare. If you have Original Medicare, you will now be able to get many preventive services for free as well as a yearly “Wellness” exam.

The best way to stay healthy is to live a healthy lifestyle and Medicare can help by paying for many preventive services to keep you healthy. Preventive services can find health problems early when treatment works best, and can keep you from getting certain diseases.

Visit [www.MyMedicare.gov](http://www.MyMedicare.gov) to get direct access to your preventive health information, 24 hours a day, every day. Here you can find how much and how often Part B under Original Medicare will pay for various services. You can also get a two-year calendar to track your preventive services and print a personalized “on the go” report to take to your next doctor’s appointment.

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| **Medicare-Covered Preventive Service** | **How Often?** |
| **Physical Exams** | |
| Welcome to Medicare Physical Exam \* | Once in first 12 months of Part B |
| Yearly “Wellness” Exam \* | Every 12 months |
| Cardiovascular (cholesterol, lipid & triglyceride levels) \* | Every 5 years |
| Breast Cancer Screening (Mammogram) \* | Every 12 months |
| Cervical and Vaginal Cancer Screening \* | Every 24 months |
| **Colorectal Cancer Screenings** | |
| Fecal Occult Blood Test \* | Every 12 months |
| Flexible Sigmoidoscopy \* | Every 48 months |
| Screening Colonoscopy \*† | Every 120 months |
| Barium Enema (some costs apply) | Every 48 months |
| Prostate Cancer Screening (Digital Rectal Exam, PSA Test) (some costs apply) † | Every 12 months |
| Flu Shots \* | Once a flu season |
| Pneumococcal Shots \* | Most people only need once/lifetime |
| Hepatitis B Shots (check with doctor) \* | 3 shots |
| Bone Mass Measurement \* | Every 24 months |
| Diabetes Screening \* | Up to 2 per year |
| Glaucoma Tests (co-pays) | Every 12 months |
| Tobacco Use Cessation Counseling \*† | 8 visits/year |
| HIV Screening (co-pays) | Every 12 months |
| Abdominal Aortic Aneurysm Screening \* | Once |
| Medical Nutrition Therapy Services \* | 3 hours first year,  2 hours/year thereafter |