

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 1-800-MEDICARE (1-800-633-4227).

TTY users call 1-877-486-2048.

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



LOCAL HELP FOR PEOPLE WITH MEDICARE



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Medicare Wellness & Preventive Services

As covered by Part B, under Original Medicare



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 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.

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

* With original Medicare, you pay nothing for these services if your health care provider accepts assignment.

† Please visit medicare.gov/coverage/preventive-and-screening-services for more complete information.