

Save On Many Free Preventive Health Services From Medicare in 2013!

"An ounce of prevention is worth a pound of cure."



Preventive Service	How Often Allowed	Additional Details
Abdominal Aortic Aneurysm Screening	Once after "Welcome to Medicare" initial exam if at risk	Covered at 100%
Alcohol Misuse Screening and Counseling	Once per year	Covered at 100%
Annual Wellness Visit (Not a full physical prevention planning)	Every 12 months if more than twelve months after "Welcome to Medicare"	Covered at 100%
Bone Mass Measurement	Once in 24 months (unless medically necessary)	Covered at 100%
Cardiovascular Disease (Behavioral Therapy)	Once per year	Covered at 100%
Cardiovascular Screenings	Every 5 years if no apparent symptoms	Covered at 100%
Fecal Occult Blood Test	Every 12 months if 50+	Covered at 100%
Flexible Sigmoidoscopy	48 months or 120 months after previous screening if not high risk and 50+	Covered at 100%
Colonoscopy	120 months (or 24 months if high risk)	Covered at 100%
Barium Enema	48 months (or 24 months if high risk) if used instead of a colonoscopy	Will be charged the Part B deductible and/or 20% of the doctor's visit.
Depression Screening	Once per year	Covered at 100%
Diabetes Screenings	12 months (6 months if pre-diabetic)	Covered at 100%
Diabetes Self-Management Training	With MD order or referral	Will be charged the Part B deductible and/or 20% of the doctor's visit.
Flu-Shots	Once per season	Covered at 100%
Glaucoma Tests	Every 12 months if at high risk (eg. diabetic or family history)	Covered at 100%
Hepatitis B Shots	If medium or high risks - 3 injections	Covered at 100%
HIV Screening	Talk to your primary care physician for more information	Covered at 100%

Continued on reverse ➔



Preventive Service	How Often Allowed	Additional Details
Mammogram (screening)	Once a year after age 40	Covered at 100%
Medical Nutrition Therapy Services	With MD referral (3 hours counseling first year)	Will be charged the Part B deductible and/or 20% of the doctor's visit.
Obesity Screening and Counseling	Talk to your primary care physician for more information	Covered at 100%
Pap Test and Pelvic Exam(w/ breast exam)	24 months (or 12 months if high risk)	Covered at 100%
Physical Exam "Welcome to Medicare"	Within first 12 months on Medicare B	Covered at 100%
Pneumococcal Shot	Usually once - more if MD approves	Covered at 100%
Prostate Cancer Screenings (Digital Rectal Exam and PSA Test)	Digital Rectal Exam: and free PSA Test every 12 month for men over 50	Will be charged the Part B deductible and/or 20% of the doctor's visit.
Sexually Transmitted Infections Screening and Counseling	Once per year and 2 counseling sessions	Covered at 100%
Shingles Vaccine (Herpes Zoster)	Once - May need to bring from pharmacy to get cheapest cost because covered by Part D	The shingles vaccination will only be covered if you have a Medicare Part D Prescription Drug Plan. The amount of copayment/coinsurance (money you have to pay) for the vaccination varies, depending on your plan. Medicare part B does NOT cover the shingles vaccine.
Tobacco Use Cessation Counseling	8 visits in a 12 month period	Will be charged the Part B deductible and 20% of the doctor's visit



OKLAHOMA INSURANCE
DEPARTMENT

Produced by the Oklahoma Insurance Department, as authorized by Insurance Commissioner John D. Doak and the Senior Health Insurance Counseling Program, under a grant from the Center for Medicare and Medicaid Services.

Local: 405.521.3788 | Toll Free: 800.763.2828 | Web: www.ship.oid.ok.gov

LOCAL HELP FOR OKLAHOMANS WITH MEDICARE