



Save On Many Free Preventive Health Services From Medicare in 2011!

"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%
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 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.
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 -- with H1N1 this year	Best each year in October or November, may be copay in some Medicare Advantage Plans	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%
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.
Pap Test and Pelvic Exam (with 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.
Shingles Vaccine (Herpe's 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.
Smoking Cessation	8 visits in a 12 month period	Covered at 100%



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