



# TEAM UP TO STAY HEALTHY



What you should know  
about your Medicare  
preventive benefits



In collaboration with  
the Centers for Disease Control and Prevention



## Before Your Yearly Wellness Visit

To get the most out of your visit, take the following steps:

Call your physician's office and be sure to clearly state that you are scheduling your Welcome to Medicare preventive visit or your yearly wellness visit.

- Ask if you can schedule your wellness visit when you schedule a physician visit for other reasons.
- Ask if the physician will do any additional procedures that may result in a co-payment.

**Bring the following to your appointment:**

- List of doctors you see
- Personal medical records
- All of the medicines you take



## During Your Yearly Wellness Visit

Ask the following questions:

- What shots should I get?
- What preventive screenings should I get this year and in the future?
- Which services are at no cost to me and which services will have a co-payment?
- When will we talk about the results?





## Partner with Your Physician

The best way to take care of yourself is to team up with your physician to get the shots and screenings you need.

The Affordable Care Act, the health care law recently enacted, makes available more screenings and shots that are at no cost to people with Medicare.



## To Stay Healthy, Get Talking

If you have Medicare, you have a unique opportunity to talk with your physician about your health problems, review the medications you take and make a plan for your health. That plan should include the shots and screenings that are right for you.

Take advantage of every chance to talk with your physician and play an active role in your own health care.

## Shots and Screenings You Should Know About

Your physician may suggest recommended shots to prevent flu and pneumonia and schedule screenings or tests. Some examples of helpful screenings your physician may recommend are:

### Cardiovascular screening

Blood pressure and blood cholesterol and fat tests check your heart health.

**\$** You pay nothing if your physician accepts Medicare.

### Diabetes screening

A blood test can detect if your blood has too much sugar.

**\$** You pay nothing if your physician accepts Medicare.

### Colorectal cancer screening

Various screening tests or procedures help physicians find growths in your colon and rectum before they become cancerous or find cancer at an early stage. You and your physician will choose the most appropriate screening for you.

**\$** Your Medicare co-payment will vary depending on the screening. If your physician finds growths, he or she may remove them at that time. You may need to pay the Medicare co-payment for this extra procedure.



## Your Physician Visits

Medicare covers two types of preventive physician visits—your initial Welcome to Medicare preventive visit and your yearly wellness visit—and most of your important shots and screenings at no cost to you.

The one-time **Welcome to Medicare preventive visit** is for people new to Medicare. You can only get this visit within the first 12 months you're enrolled in Part B.

### At this visit, your physician should:

- Complete a comprehensive review of your medical and family health history.
- Check your height, weight and blood pressure.
- Calculate your body mass index.
- Do a simple vision test.
- Give you advice to help you prevent disease, improve your health and stay well.
- Make appropriate referrals when necessary.

**\$** You pay nothing if your physician accepts Medicare.



The **yearly wellness visit** is for people who have been on Medicare for more than 12 months. You should schedule this visit once a year.

### At this visit, your physician should:

- Complete a comprehensive review of your medical and family health history.
- Check your height, weight and blood pressure.
- Review your current medicines.
- Schedule recommended shots and screenings.
- Advise you on personal medical issues and treatment options.

**\$** You pay nothing if your physician accepts Medicare.



## Helpful Resources

[www.aarp.org/health](http://www.aarp.org/health)

[www.ama-assn.org](http://www.ama-assn.org)

[www.cdc.gov](http://www.cdc.gov)

[www.healthcareandyou.org](http://www.healthcareandyou.org)

[www.medicare.gov](http://www.medicare.gov)

Visit [www.medicare.gov](http://www.medicare.gov)  
or call **1-800-MEDICARE**  
(1-800-633-4227) if you have  
questions or to order **Your Guide  
to Medicare's Preventive  
Services.**

The amount you pay may vary  
depending on whether you have  
Original Medicare or a Medicare  
Advantage Plan.