

Are You Up To Date on Your Preventative Services?

Medicare covers a full range of preventative services to help keep you healthy and help find problems early, when treatment is most effective. Ask your doctor which of these services is right for you.

- One-time “Welcome to Medicare” Physical exam - within the first 12 months you have Medicare Part B
- Yearly “Wellness” Exam - get this exam 12 months after your “Welcome to Medicare” exam or 12 months after your Part B effective date.
- Abdominal Aortic Aneurysm Screening
- Bone Mass Measurement (Bone Density Test)
- Cardiovascular Screening (cholesterol, lipids, triglycerides)
- Colorectal Cancer Screening
- Diabetes Screening
- Diabetes Self-Management Training
- Flu Shot
- Glaucoma Test
- Hepatitis B Shot
- HIV Screening
- Mammogram (screening for breast cancer)
- Medical Nutrition Therapy Services
- Pap Test and Pelvic Exam (includes a breast exam)
- Pneumococcal Shot
- Prostate Cancer Screenings
- Smoking Cessation (Counseling to stop smoking)

Your “Medicare & You” handbook has more information about these preventative services, including costs and conditions that may apply. Visit www.medicare.gov/publications/pubs/pdf/10050.pdf for more information.