A Healthier US Starts Here

WELCOME TO THE FIRST DAY OF A HEALTHIER LIFE

My Health. My Medicare.
Protect your health with Medicare’s preventive benefits.

*Take this checklist and ask your doctor which preventive benefits are right for you.*

Medicare can do more for you than simply help you cover the costs of doctor and hospital bills. Medicare’s preventive benefits can help you stay one step ahead of serious illnesses or certain chronic conditions such as diabetes, heart disease and cancer.

### MY MEDICARE PREVENTIVE BENEFITS CHECKLIST

<table>
<thead>
<tr>
<th>WHAT’S COVERED?</th>
<th>WHAT IT DOES</th>
<th>HOW OFTEN?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flu Shot</td>
<td>Prevents influenza or flu virus.</td>
<td>Once a flu season.</td>
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<tr>
<td>Pneumonia shot</td>
<td>Prevents pneumococcal pneumonia.</td>
<td>Usually only needed once.</td>
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<tr>
<td>Cardiovascular Screenings for Cholesterol, Lipid and Triglyceride Levels</td>
<td>Checks cholesterol and other blood fat levels that can increase the risk for heart disease.</td>
<td>Once every 5 years.</td>
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<tr>
<td>Colorectal Cancer Screenings</td>
<td>Screens for colon cancer.</td>
<td>Ask your doctor.</td>
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<tr>
<td>• Fecal occult blood test</td>
<td></td>
<td>Once every 12 months if 50+.</td>
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<tr>
<td>• Flexible sigmoidoscopy</td>
<td></td>
<td>Generally once every 48 months (4 years) or every 120 months (10 years) when used instead of a colonoscopy for those not at high risk if 50+.</td>
</tr>
<tr>
<td>• Colonoscopy</td>
<td></td>
<td>Once every 120 months (10 years) Once every 24 months for high risk.</td>
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<tr>
<td>• Barium enema</td>
<td></td>
<td>Once every 48 months (4 years) instead of sigmoidoscopy if 50+. Once every 24 months instead of colonoscopy for high risk.</td>
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<tr>
<td>“Welcome to Medicare” Physical Exam”</td>
<td>One-time review of health and medical history.</td>
<td>One time during the first 6 months you have Medicare Part B.</td>
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### WHAT’S COVERED?  |  WHAT IT DOES  |  HOW OFTEN?
---|---|---
Diabetes Screening  |  Blood sugar test.  |  Varies based on results. Covered if you have certain risk factors. Ask your doctor.
Diabetes Self-management Training  |  Education for people who have diabetes.  |  Ask your doctor.
Medical Nutritional Therapy Services  |  Nutritional counseling to help manage diabetes or kidney disease.  |  Ask your doctor.
Bone Mass Measurement  |  Determines risk for broken bones due to osteoporosis.  |  Once every 24 months for people with certain medical conditions.
Hepatitis B Shots  |  Helps prevent liver disease.  |  Ask your doctor.
Glaucoma Test  |  Can help find the eye disease glaucoma.  |  Once every 12 months for those at high risk.
Smoking Cessation  |  Counseling to quit smoking for people with a smoking-related illness or who take medicine affected by tobacco.  |  Up to 8 visits during a 12 month period when ordered by your doctor.
Mammogram Breast Cancer Screening  |  Screens for breast cancer.  |  Once every 12 months for women 40+.
Pap Test and Pelvic Exam Cancer Screenings  |  Screens for cervical and vaginal cancer.  |  Once every 24 months. Every 12 months for women at high risk.
Prostate Cancer Screening  |  Digital rectal exam and Prostate Specific Antigen (PSA) test.  |  Once every 12 months for men 50+.

*People with Medicare who are at risk for abdominal aortic aneurysms may get a referral for a one-time screening ultrasound at their “Welcome to Medicare” physical exam.*

It’s important to ask your doctor about the Medicare-covered tests and screenings that might be right for you. Coinsurance and deductibles may apply. You may need to meet certain criteria for coverage. Medicare Advantage Plans may offer coverage for additional preventive benefits.

Sign up at www.MyMedicare.gov to track the preventive benefits you have used each year and remind you of benefits for which you are eligible.
BETTER HEALTH BEGINS WITH A BETTER CONVERSATION

Talking with your health care team and those close to you protects your health and your pocketbook.

TALK TO YOUR DOCTOR

- Share your complete family health history – even parts that may be difficult to discuss.
- Write down your questions and make sure you fully understand the answers your doctor provides.
- Tell your doctor about all the prescriptions, over-the-counter medications and vitamins you’re taking – and ask about lower cost alternatives.

TALK TO YOUR PHARMACIST

- Tell your pharmacist about all the medications you are taking – including other prescriptions and over-the-counter medications.
- Ask about money-saving generic substitutes for your current prescriptions.
- Ask how long and where you should store your medications.
- Ask for easy-to-open containers or large print labels if you need them.

TALK TO YOUR FAMILY AND FRIENDS

- Invite them to join you in an hour of physical activity each day.
- Prepare and share healthy meals together.
- Support and encourage one another in making healthy lifestyle choices.

TALK TO US

Medicare has information available to you about coverage, benefits and quality of care.