

MEDICARE PREVENTIVE BENEFITS



MEDICARE PART B PAYS FOR PREVENTIVE CARE TO HELP YOU STAY HEALTHY. TALK TO YOUR DOCTOR TO SEE IF THESE BENEFITS ARE RIGHT FOR YOU.

“WELCOME TO MEDICARE” PHYSICAL

Physical exam within 12 months of enrollment

ANNUAL WELLNESS EXAM

Yearly visit with your doctor to assess health risks and develop or update a personalized prevention plan

ABDOMINAL AORTIC ANEURYSM SCREENING

A one-time ultrasound test for those at risk of a large vein rupture

CARDIOVASCULAR SCREENING BLOOD TESTS

Blood tests to check heart health every five years

DIABETES SCREENING TESTS

Twice a year for those at high risk

GLAUCOMA SCREENING

An annual eye pressure test for those at high risk – Medicare pays 80% after you meet the yearly deductible

BONE MASS MEASUREMENT

For those at high risk of osteoporosis

SCREENING MAMMOGRAPHY

An annual test for breast health for women age 40 and older

PAP TESTS & PELVIC EXAMINATION

Testing for cervical and vaginal cancers once every two years, or annually if at high risk

COLORECTAL CANCER SCREENING

Testing for cancers in the rectum and intestines for all enrollees age 50 and older

PROSTATE CANCER SCREENING

Tests for prostate cancer annually for all men age 50 and older

DIABETES SELF-MANAGEMENT TRAINING

For those who must monitor blood sugar – Medicare pays 80% after you meet the yearly deductible

MEDICAL NUTRITIONAL THERAPY

Learning ways food can make you feel better for those with diabetes or kidney disease

SMOKING CESSATION SERVICES

Eight sessions annually to help you stop smoking – Medicare pays 80% after you meet the yearly deductible, or free if you have not been diagnosed with a smoking-related illness

FLU & H1N1 VACCINATION (SHOTS)

Annually

PNEUMOCOCCAL VACCINATION (SHOTS)

Once per lifetime

HEPATITIS B VACCINATION (SHOTS)

For those at medium or high risk

HIV SCREENING

Upon request, annual testing for the Human Immunodeficiency Virus

DEPRESSION SCREENING

Once-a-year depression screening conducted by your primary care doctor

CARDIOVASCULAR BEHAVIORAL THERAPY

An annual visit that includes blood pressure screening and intensive behavioral counseling with your doctor

ALCOHOL MISUSE COUNSELING

One alcohol misuse screening annually and up to four brief face-to-face counseling sessions per year with your doctor for those who could benefit from the sessions based on the results of the initial screening

BEHAVIORAL THERAPY FOR OBESITY

If your body mass index (BMI) is 30 or more, you can get face-to-face behavioral therapy visits with your doctor for up to 12 months to help you lose weight

STI SCREENING AND COUNSELING

An annual testing for sexually transmitted infections for those at increased risk for an STI or those who are pregnant. Medicare also covers up to two individual counseling sessions with your doctor per year for those meeting certain criteria

Call **1-800-792-8820**

or visit our website at **www.aging.nj.gov**

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