

## Additional free benefits if your doctor accepts assignment:

### Alcohol Misuse Screening and 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

### Obesity Screening and Counseling

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

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

### Diabetes Prevention Program

Medicare covers counseling for those who have BMI of at least 25 or blood test showing pre-diabetes

### Vaccines

Medicare Part B covers the full cost for vaccines for Covid-19 and Medicare Part D covers the full cost for vaccines for shingles, TDAP (tetanus, diphtheria whooping cough and pertussis), and MMR (measles, mumps and rubella)

For more information on  
programs that help lower  
your Medicare costs,  
contact the following  
agency:



State of New Jersey  
Philip D. Murphy, Governor  
Sheila Y. Oliver, Lt. Governor



Department of  
Human Services  
Sarah Adelman, Commissioner



For additional information call the  
**NJ Division of Aging Services**  
at **1-800-792-8820**,  
or visit our website at [www.aging.nj.gov](http://www.aging.nj.gov)

New Jersey Department of Human Services complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-222-3737.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-877-222-3737。

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- 2023



Your Guide To  
**FREE** and  
**REDUCED-COST**  
Medicare Preventive  
Benefits

For Individuals  
Enrolled In  
**Medicare Part B**

**Medicare Part B pays for preventive care to help you stay healthy. These benefits are free if your doctor accepts assignment, unless noted otherwise.**

### **“Welcome to Medicare” Physical**

Physical exam within 12 months of Part B enrollment

### **Annual Wellness Visit**

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

### **Abdominal Aortic Aneurysm Screening**

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

### **Cardiovascular Disease Screenings**

Blood tests to check heart health every five years

### **Diabetes Screenings**

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**

One baseline test for women age 35-39, and annual testing for women age 40 and older

### **Cervical/Vaginal Cancer Screenings**

A pap test and pelvic exam once every two years, or annually if at high risk, and a human papillomavirus (HPV) test – when received with a pap test – once every five years for non-symptomatic woman age 30-65

### **Colorectal Cancer Screenings**

Testing for cancers in the rectum and intestines for all enrollees age 45 and older

### **Prostate Cancer Screening**

Annually for men age 50 and older – Medicare covers the prostate specific antigen (PSA) test in full, but only 80% after you meet the yearly deductible for the digital rectal exam

### **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

### **Depression Screening**

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

### **Flu Shots**

Annually

### **Pneumococcal Shots**

Two different shots, one year apart

### **Hepatitis B Screening**

For those at high risk or pregnant

### **Hepatitis B Shot**

For those at medium to high risk

### **HIV Screening**

Upon request, annual testing for the human immunodeficiency virus – women can get up to three HIV tests during a pregnancy

### **Smoking Cessation Services**

Up to eight sessions annually to help you stop smoking

### **Cardiovascular Behavioral Therapy**

An annual visit that may include blood pressure screening and behavioral counseling with your doctor, including tips for healthy eating and a discussion on aspirin use, if appropriate

### **Hepatitis C Screening**

Testing for individuals born between 1945 and 1965, or those who had blood transfusions before 1992, or those with a current or past history of illicit injection drug use

### **Lung Cancer Screening**

A low dose CT Scan for smokers and ex-smokers meeting certain conditions

*If you get your health care coverage through a Medicare Advantage Plan (i.e., Medicare Part C), call your plan for more information on preventive services.*

