

## Medicare Preventive Healthcare Benefits 2009

**NOTE:** Most Medicare preventive health screenings and vaccinations are available to those who are enrolled in Medicare Part “B,” the optional, outpatient services plan. Part “B” beneficiaries pay a monthly premium for coverage (\$96.40 in 2009) and must meet an annual deductible (\$135 in 2009). Most services require a 20% co-payment. However, for some tests, the co-pay, deductible or both may be waived. Some people may pay a higher monthly premium based on their adjusted gross income.

### **Welcome to Medicare Physical Examination**

NEW Medicare Part “B” beneficiaries may receive a one-time physical examination – existing Medicare beneficiaries will not receive the physical exam benefit. New enrollees must receive their physical exam within the first twelve months of enrollment in Part “B.”

### **Cardiovascular Screening**

All Medicare Part “B” beneficiaries may receive a blood test to screen for conditions that may lead to heart problems once every five years.

### **Cancer Prevention**

#### Breast Cancer

Female Medicare Part “B” beneficiaries may receive a Mammogram to screen for breast cancer once every 12 months.

#### Cervical & Vaginal Cancer

Female Medicare Part “B” beneficiaries may receive a Pap Test & Pelvic Exam to screen for cervical and vaginal cancer once every 24 months (more often if necessary).

#### Colon Cancer

All Medicare Part “B” beneficiaries may receive the following tests to screen for colon cancer:

- Fecal Occult Blood Test once every 12 months

- Flexible Sigmoidoscopy once every 48 months

- Screening Colonoscopy once every 10 years (every 24 months if necessary)

- Barium Enema once every 48 months (every 24 months if necessary)

#### Prostate Cancer

Male Medicare Part “B” beneficiaries may receive a Prostate Specific Antigen (PSA) blood test and Digital Rectal Exam (DRE) once every 12 months to screen for prostate cancer.

## **Vaccinations**

Flu – All Medicare beneficiaries may receive a flu vaccination once annually.

Pneumococcal – All Medicare beneficiaries may receive a pneumonia vaccination once in their lifetime.

Hepatitis “B” – All Medicare Part “B” beneficiaries who are at risk for developing Hepatitis “B” may receive a vaccination (a series of three shots).

## **Bone Mass Measurements**

Female Medicare Part “B” beneficiaries may receive a bone density scan to screen for osteoporosis once every 24 months (more often if necessary).

## **Diabetes Screening, Supplies & Self-Management Training**

### Diabetes Screening

All Medicare Part “B” beneficiaries who are at risk for developing diabetes or have one or more of the following conditions: high blood pressure, abnormal cholesterol & triglyceride levels, obesity and/or history of high blood glucose (sugar) may receive up to two fasting plasma glucose tests every 12 months.

### Diabetes Glucose Monitors, Test Strips & Lancets

All Medicare Part “B” beneficiaries with a diagnosed case of diabetes may receive diabetic testing supplies including glucose monitors, test strips and lancets.

### Diabetes Self-Management Training

All Medicare Part “B” beneficiaries at risk for complications from diabetes may be able to enroll in self-management training. Beneficiaries must be referred to one of these services by a health care provider.

## **Glaucoma Tests**

All Medicare Part “B” beneficiaries who are at high risk for developing glaucoma may receive an eye exam to screen for glaucoma once every 12 months.

## **Smoking Cessation**

All Medicare Part “B” beneficiaries may enroll in counseling to stop smoking if diagnosed with a smoking-related illness or taking a medication which may be affected by tobacco.

## **For More Information**

For the most up-to-date information about Medicare, visit the Medicare website: <http://www.medicare.gov> or by phone at 1.800.MEDICARE (1.800.633.4227).

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