

<b>Preventive Action</b>	<b>When Available?</b>	<b>Your Cost under Medicare*</b>	<b>Why Bother?</b>
<b>“Welcome to Medicare” Physical Exam</b>	During your first 6 months on Part B	20% of Medicare approved amount	Make sure you are up-to-date on shots and screenings for health
<b>Cardiovascular Screening</b>	Every Five Years	None	Controlling High Cholesterol can reduce your risk for heart disease and stroke
<b>Breast Cancer Screening (Mammograms)</b>	Every 12 months for women	20% of approved amount-no deductible applies	Breast cancer is most successfully treated when detected early, but is the second leading cause of death for women in the US.
<b>Cervical and Vaginal Cancer Screening (Pap Test and Pelvic Exam)</b>	Every 24 months or every 12 months for women at high risk	No lab fee or deductible, 20% of exam costs	Originally, cervical cancer was a leading cause for cancer death in women. Early detection now means a cure is likely.
<b>Colon Cancer Screening (Colorectal)</b>	Depends on test and risk factors	Between 20-25% approved cost of most procedures	Colon cancer is usually found in people age 50 or older. Can be prevented if polyps removed when pre-cancerous or best treated if found early
<b>Prostate Cancer Exam &amp; PSA Screening</b>	Every 12 months for men over 50	PSA free & 20% for exam if the Medicare B deductible is met	All men at risk, even more with a family history of prostate cancer
<b>Flu Shots</b>	Every fall or winter	None	Flu can be life threatening to an older adult or those under 65 with some diseases
<b>Pneumonia Shots</b>	Once in a lifetime	None	Pneumonia can be life threatening to older adults or under 65 with some diseases
<b>Hepatitis B Shots</b>	Three shots for a lifetime vaccine	20% of the approved cost if the Medicare B deductible is met	Higher risk if you have hemophilia, renal disease, or compromised immune system
<b>Bone Mass Measurements</b>	Every 24 months unless greater risk	20% of the approved cost if the Medicare B deductible is met	Lower bone density and osteoporosis increases risk of bone fractures and complications
<b>Diabetes Screening, Supplies &amp; Training</b>	Screening up to twice a year	No cost for screening, 20% of costs for supplies & training	Diabetes risk increases with high blood pressure or cholesterol, and can result in blindness, kidney disease, amputation, and other complications
<b>Glaucoma Tests</b>	Every 12 months	20% of the approved cost if the Medicare B deductible is met	Regular eye exams can prevent gradual loss of sight without warning

\* If you are in a Medicare Advantage plan, check with your plan as copayments and coverage may differ.

Want to avoid chronic conditions that cause disability or death -- heart disease, stroke, cancer, or diabetes?

Be sure to talk with your medical providers about preventive health care that's right for you.

Screening and early detection is your best guarantee for independence and quality of life as you age.

Medicare has Preventive Health Benefits to help you stay healthier longer.

## Where Can You Learn More About Using the Preventive Services Covered by Medicare?

Your doctor

Your local Elderly Benefit Specialist if you are age 60 or over  
*or*

In some counties, your local Disability Benefit Specialist if you under age 60

If you do not know your Benefit Specialist The Wisconsin SHIP (State Health Insurance and Assistance Program) Medigap Helpline Staff can refer you. Call 1-800-242-1060

The Medicare Website  
[www.medicare.gov](http://www.medicare.gov)

*or call*  
1-800-MEDICARE  
(1-800-633-4227)

“An ounce of prevention is worth a pound of cure.”



Important Medicare Benefits can help you stay healthy or detect problems early for better treatment.