

Talk to your doctor or health care provider

Your doctor or health care provider may suggest exams or tests that Medicare doesn't cover or recommend that you have tests more or less often than Medicare covers them.

Talk to your doctor or health care provider to find out how often you need certain exams or tests to stay healthy.

Get test results

If you don't hear from your doctor or health care provider, call and ask for the results. Ask what the results mean for your care, and use that information to talk with your provider and make decisions. Don't assume the results are fine if you don't get them when expected.

Resources

For more information about Medicare preventive services, you can:

- Visit [Medicare.gov](https://www.Medicare.gov).
- Visit [Medicare.gov/publications](https://www.Medicare.gov/publications) to view the booklet, "Your Guide to Medicare's Preventive Services."
- Visit [MyMedicare.gov](https://www.MyMedicare.gov) to get direct access to your preventive health information.
- Call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.
- Call your State Health Insurance Assistance Program (SHIP). Visit [shiptacenter.org](https://www.shiptacenter.org), or call 1-800-MEDICARE for your SHIP's phone number.

The information in this publication was up-to-date when it was printed. Medicare coverage of preventive services may change at any time. Visit [Medicare.gov](https://www.Medicare.gov) for more information.

You have the right to get Medicare information in an accessible format, like large print, Braille, or audio. You also have the right to file a complaint if you feel you've been discriminated against. Visit [Medicare.gov/about-us/nondiscrimination/accessibility-nondiscrimination.html](https://www.Medicare.gov/about-us/nondiscrimination/accessibility-nondiscrimination.html), or call 1-800-MEDICARE (1-800-633-4227) for more information. TTY users can call 1-877-486-2048.

Paid for by the Department of Health & Human Services

Questions to Ask about Medicare Preventive Services



Are you visiting your doctor or other health care provider? Be prepared with a list of questions you can take with you.



The best way to stay healthy is to live a healthy lifestyle. You can be healthier and prevent disease by exercising, eating well, keeping a healthy weight, and not smoking. Medicare can help.

Medicare pays for many preventive services to keep you healthy. Preventive services can find health problems early, when treatment works best, and can keep you from getting certain diseases.

Preventive services include exams, shots, lab tests, and screenings. They also include counseling and education to help you take care of your own health.

Medicare covers these preventive services:

- Abdominal aortic aneurysm screening
- Alcohol misuse screening and counseling
- Bone mass measurement
- Cardiovascular disease (behavioral therapy)
- Cardiovascular screening
- Colorectal cancer screening
 - Fecal occult blood test
 - Flexible sigmoidoscopy
 - Colonoscopy
 - Barium enema
 - Multi-target stool DNA test (like Cologuard™)
- Depression screening
- Diabetes screening
- Diabetes self-management training
- Flu shot
- Glaucoma test
- Hepatitis B shot
- Hepatitis B Virus (HBV) infection screening
- Hepatitis C screening
- HIV screening
- Lung cancer screening
- Mammogram (screening)
- Medical nutrition therapy services
- Medicare Diabetes Prevention Program
- Obesity screening and counseling
- Pap test and pelvic exam
- Pneumococcal shots
- Prostate cancer screening
- Sexually transmitted infection screening and counseling
- Smoking and tobacco use cessation
- “Welcome to Medicare” preventive visit
- Yearly “Wellness” visit

Ask about preventive services

1. Below are important things you should ask your doctor.
2. Check the box next to each item when you ask.
3. Use the space after each question to write down important information.
4. Skip any items that don't apply to you.
5. Use the resources on the last page if have questions.

Before you leave your doctor's office, make sure to ask these questions:

About the test

- Do I need the test? _____
- What's the test for? _____
- How's the test done? _____
- What are the benefits and risks of having the test? _____
- What do I need to do to prepare for the test? _____

About the test results

- When will I get the results? _____
- What will they tell me? _____
- What's the next step after the test? _____
- How often do I need this test? _____
- Do I need to get a referral? _____
- Do I need to make an appointment? _____

Costs for the test

- Will Medicare/my other insurance pay for/cover the test? _____
- How much will I have to pay? _____