

# Are You Up-To-Date on Your Preventive Services?

Medicare covers a full range of preventive services to help keep you healthy and help find problems early, when treatment is most effective. Ask your doctor which of these services is right for you.



✓	Preventive service	Date	Notes
	One time “Welcome to Medicare” Preventive Visit—within the first 12 months you have Medicare Part B (Medical Insurance)		
	Yearly “Wellness” Visit—get this visit 12 months after your “Welcome to Medicare” preventive visit or 12 months after your Part B effective date		
	Abdominal Aortic Aneurysm Screening		
	Alcohol Misuse Screening and Counseling		
	Bone Mass Measurement (Bone Density Test)		
	Cardiovascular Disease (Behavioral Therapy)		
	Cardiovascular Screenings (cholesterol, lipids, triglycerides)		
	Colorectal Cancer Screenings		
	Depression Screening		
	Diabetes Screening		

✓	Preventive Service	Date	Notes
	Diabetes Self-management Training		
	Flu Shot		
	Glaucoma Test		
	Hepatitis B Shot		
	Hepatitis C Screening		
	HIV Screening		
	Mammogram (screening for breast cancer)		
	Medical Nutrition Therapy Services		
	Obesity Screening and Counseling		
	Pap Test and Pelvic Exam (includes a breast exam)		
	Pneumococcal Shot		
	Prostate Cancer Screenings		
	Sexually Transmitted Infections Screening and Counseling		
	Tobacco Use Cessation (counseling to stop smoking)		

Your “Guide to Medicare’s Preventive Services” has more information about these and other preventive services, including costs and conditions that may apply. Visit [Medicare.gov/publications](https://www.medicare.gov/publications).



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