Questions to Ask about Medicare Preventive Services

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 help you stay healthy.

Get test results
If you don’t hear from your doctor or health care provider after you’ve had a test, 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.
• Visit Medicare.gov/publications to view the booklet, “Your Guide to Medicare’s Preventive Services.”
• Log into your Medicare account 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, or call 1-800-MEDICARE for your SHIP’s phone number.

The information in this publication describes the Medicare Program at the time this booklet was printed. Changes may occur after printing. Visit Medicare.gov, or call 1-800-MEDICARE (1-800-633-4227) to get the most current information. TTY users can call 1-877-486-2048.
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, or call 1-800-MEDICARE (1-800-633-4227) for more information. TTY users can call 1-877-486-2048.

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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 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
- Blood-based biomarker test
- 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 CologuardTM)
- 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
- Counseling to prevent tobacco use and tobacco-caused disease
- "Welcome to Medicare" preventive visit
- Yearly "Wellness" visit
- Cardiovascular disease
- Flu shot
- Glaucoma test
- Hepatitis B shot
- Hepatitis B Virus (HBV) infection screening
- Hepatitis C screening
- HIV screening
- Lung cancer screening
- Mammogram (screening)
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- "Welcome to Medicare" preventive visit
- Yearly "Wellness" visit

**Ask about preventive services**
1. Below is a checklist of important things you should ask your doctor.
2. Check the box next to each item when you ask.
3. Use the "Notes" column to write down important information.
4. Skip any items that don't apply to you.
5. Use the resources on the last page if you have questions.

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

<table>
<thead>
<tr>
<th>About the test</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Do I need the test?</td>
<td></td>
</tr>
<tr>
<td>☐ What's the test for?</td>
<td></td>
</tr>
<tr>
<td>☐ How's the test done?</td>
<td></td>
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<tr>
<td>☐ What are the benefits and risks of having the test?</td>
<td></td>
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<tr>
<td>☐ What do I need to do to prepare for the test?</td>
<td></td>
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<tr>
<td>☐ Do I need to get a referral?</td>
<td></td>
</tr>
<tr>
<td>☐ Do I need to make an appointment?</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>About the test results</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ When will I get the results?</td>
<td></td>
</tr>
<tr>
<td>☐ What will they tell me?</td>
<td></td>
</tr>
<tr>
<td>☐ What's the next step after the test?</td>
<td></td>
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<tr>
<td>☐ How often do I need this test?</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Costs for the test</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Will Medicare/my other insurance pay for/cover the test?</td>
<td></td>
</tr>
<tr>
<td>☐ How much will I have to pay?</td>
<td></td>
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</tbody>
</table>

**My appointments**
Use the chart below to write down any appointments and tests you'll need.

**Appointments & tests**

<table>
<thead>
<tr>
<th>Appointments &amp; tests</th>
<th>Date</th>
<th>Phone number</th>
</tr>
</thead>
</table>