Talk to your doctor

Find out how often you need certain exams or tests to help you stay healthy. 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.

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.

Resources

For more information about Medicare preventive services:

- Visit Medicare.gov/coverage/preventive-screeningservices
- Visit Medicare.gov/publications to view the booklet, "Your Guide to Medicare's Preventive Services."
- Log into (or create) your secure 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) for free health insurance counseling. Visit shiphelp.org, or call 1-800-MEDICARE for your SHIP's phone number.

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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Questions to Ask About Medicare Preventive Services



CENTERS FOR MEDICARE & MEDICAID SERVICES



abits like exercising and eating a balanced diet go a long way toward helping you stay healthy. It's also important to get preventive services.

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 programs for health monitoring, and counseling and education, to help you take care of your own health.

Medicare covers these preventive services:

- Abdominal aortic aneurysm screenings
- Alcohol misuse screenings and counseling
- Bone mass measurements
- Cardiovascular behavioral therapy
- Cardiovascular disease screenings
- Cervical and vaginal cancer screenings
- Colorectal cancer screenings
- Fecal occult blood tests
- Flexible sigmoidoscopies
- colonoscopies
- Barium enema
- Multi-target stool DNA and blood-based biomarker tests
- Counseling to prevent tobacco use and tobacco-caused disease
- COVID-19 vaccines
- Depression screening
- Diabetes screenings

- Diabetes self-management training
- Flu shots
- Glaucoma tests
- Hepatitis B shots
- Hepatitis B Virus infection screenings
- Hepatitis C Virus screenings
- HIV screenings
- Lung cancer screenings
- Mammograms (breast cancer screenings)
- Medical nutrition therapy services
- Medicare Diabetes Prevention Program
- Obesity behavioral therapy
- Pneumococcal shots
- Prostate cancer screenings
- Sexually transmitted infection screenings and counseling
- "Welcome to Medicare" preventive visit
- Yearly "Wellness" visit

Ask your doctor these recommended questions about preventive services:	Notes
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? □ Do I need to get a referral? □ Do I need to make an appointment? 	
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? 	
Costs for the test	
☐ Will Medicare/my other insurance pay for/cover the test?☐ How much will I have to pay?	

My appointments

Use this chart to write down any appointments and tests you'll need.

Appointments & tests	Date	Phone number
	I	