

# Questions to Ask about Preventive Services

Your doctor or other health care provider is your partner in care.

During your next visit, consider asking your provider these questions to stay healthy and get the preventive services you need.

**Medicare.gov**



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Healthy habits, like exercising regularly and eating a balanced diet, can help you stay healthy. Along with healthy habits, getting preventive services can help you prevent or find health problems at an early stage.

Medicare pays for many preventive services, including:

- **Screenings, lab tests, and exams** to find health problems early, when treatment works best
- **Shots (or vaccines)** to prevent diseases
- **Counseling and education** to help you make decisions about your health



## Medicare covers these preventive services:

- Abdominal aortic aneurysm screenings
- Alcohol misuse screenings & counseling
- Bone mass measurements
- Cardiovascular behavioral therapy
- Cardiovascular disease screenings
- Cervical and vaginal cancer screenings
- Colorectal cancer screenings
  - Colonoscopies (screening)
  - Blood-based biomarker tests (screening)
  - Computed tomography (CT) colonography (screening)
  - Fecal occult blood tests (screening)
  - Flexible sigmoidoscopy (screening)
  - Multi-target stool DNA tests (screening)
- Counseling to prevent tobacco use and tobacco-caused disease
- Depression screenings
- Diabetes screenings
- Diabetes self-management training
- Glaucoma screenings
- Hepatitis B virus (HBV) infection screenings
- Hepatitis C virus screenings
- HIV screenings
- Lung cancer screenings
- Mammograms
- Medical nutrition therapy services
- Medicare Diabetes Prevention Program
- Obesity behavioral therapy
- Pre-exposure prophylaxis (PrEP) for HIV prevention
- Prostate cancer screenings
- Sexually transmitted infection screenings and counseling
- Shots (or vaccines):
  - COVID-19 vaccines
  - Flu shots
  - Hepatitis B shots
  - Pneumococcal shots
- “Welcome to Medicare” preventive visit
- Yearly “Wellness” visit

## Talk with your doctor or other health care provider

Having open communication with your provider can help you make important decisions about your health. Asking questions is a great way to understand your health care and find out which preventive services are right for you.

### Questions you can ask your provider about preventive services:

#### About the services you need to stay healthy

- ☐ Are my shots or vaccines up to date?
- ☐ What other preventive services (screenings, lab tests, exams, and counseling) do you recommend for me?
- ☐ Why is it important for me to get these services?
- ☐ What are the risks of getting each service? If I decide not to get one, how does that affect my health?

#### About getting the services and the results

- ☐ Do I need a referral?
- ☐ What do I need to do to get these services?
- ☐ If I need to wait for test results, how long will it take?
- ☐ Can you explain my test results and what I should do next?

You and your provider can use test results to make decisions about your care. If you don't hear from your provider after a test, call them to discuss your results.

#### About the cost

- ☐ Will Medicare cover the services?
- ☐ How much will I pay?
- ☐ How often do I need each one?

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

## For more information about preventive services

- Visit [Medicare.gov/coverage/preventive-screening-services](https://www.medicare.gov/coverage/preventive-screening-services).
- Search for "preventive services" at [Medicare.gov/publications](https://www.medicare.gov/publications).
- Visit [healthfinder.gov](https://www.healthfinder.gov) to get personalized recommendations on preventive services based on your age and sex.
- Log into (or create) your secure [Medicare.gov](https://www.medicare.gov) account to get your preventive health information.
- Call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.
- To get free health insurance counseling, visit [shiphelp.org](https://www.shiphelp.org) to get the phone number for your State Health Insurance Assistance Program (SHIP).



## Medicare

“Questions to Ask about Preventive Services” isn’t a legal document. Official Medicare Program legal guidance is contained in the relevant statutes, regulations, and rulings.

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/accessibility-nondiscrimination-notice](https://www.medicare.gov/about-us/accessibility-nondiscrimination-notice)**, or call 1-800-MEDICARE (1-800-633-4227) for more information. TTY users can call 1-877-486-2048.

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