Talk to your doctor or health care provider

In providing good care, your doctor or health care provider may suggest exams or tests that Medicare doesn't cover. Your doctor or health care provider also may 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.

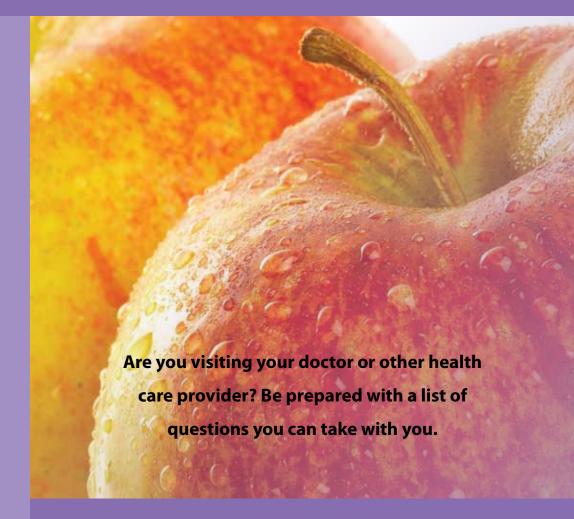
Resources

For more information about Medicare preventive services, you can:

- Visit www.medicare.gov/publications to view the booklet, "Your Guide to Medicare's Preventive Services."
- Visit www.MyMedicare.gov to get direct access to your preventive health information.
- Call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.
- Call your State Health Insurance Assistance Program (SHIP). Visit www.medicare.gov/contacts, 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 www.medicare.gov for more information.

Questions to Ask about Medicare Preventive Services





he 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 Hepatitis B Shot Counseling
- Bone Mass Measurement
- Cardiovascular Disease (Behavioral Therapy)
- Cardiovascular Screenings
- Colorectal Cancer Screenings
- Fecal Occult Blood Test
- Flexible Sigmoidoscopy
- Colonoscopy
- Barium Enema
- Depression Screening
- Diabetes Screening
- Diabetes Self-management Training

- Flu Shot
- Glaucoma Test
- HIV Screening
- Mammogram (Screening)
- Medical Nutrition Therapy Services
- Obesity Screening and Counseling
- Pap Test and Pelvic Exam
- Pneumococcal Shot
- Prostate Cancer Screenings
- Sexually Transmitted Infections Screening and Counseling
- Tobacco Use Cessation
- "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 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?

My appointments

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

Appointments & tests	Date	Phone number