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# Medicare Preventive Services

Preventive services help you stay healthy, detect health problems early, determine the most effective treatments, and prevent or delay certain diseases before they become more serious and more costly to treat. Preventive services include exams, shots, lab tests, and screenings. They also include programs for health monitoring, counseling, and education to help you take care of your own health.

If you have original Medicare, you pay no coinsurance or deductible for certain preventive services if you see a doctor who participates in Medicare. Medicare Advantage plans must also cover the full cost for these services as long as you follow the plan rules. Call your plan for details.

## To help you stay healthy, Medicare covers many preventive services without a deductible or copay, such as:



- Yearly “Wellness” check-ups
- Vaccinations for the flu, shingles, and COVID-19
- Screenings for cancer, diabetes, heart disease, and HIV
- Counseling to help you quit smoking
- Training on how to manage diabetes
- Falls Risk Screening

You may have costs for some of these preventive services if your doctor makes a diagnosis during the service or does additional tests or procedures. For example, if your doctor removes a polyp during a colonoscopy, the colonoscopy will be considered diagnostic and costs may apply.

If you have Medicare, you can get many of these services for free. These services can help you stay healthy, avoid complications, and reduce out-of-pocket costs by addressing problems early. Anyone with Medicare can use them, and there is no need to sign up or apply.

## Medicare covers additional preventive services with a deductible or copay, such as:



- ☑ Colorectal cancer screenings
- ☑ Diabetes self-management training
- ☑ Glaucoma screenings
- ☑ Bone mass measurements (also called bone density tests)

Our local team members can help you learn more about these programs in your area and help you apply if you qualify. We can also answer your questions and provide information. Even if you can't get support from these programs, we may be able to assist you in finding other ways to save money. Our services are always free.

Using preventive services can help lower the cost of health care for individuals and families by reducing avoidable illness, preventing complications, and supporting earlier treatment.

## Contact Us

**To help us improve our resources, please answer the following three questions about how helpful this material/content was in helping you understand how to access care.**



*This survey is voluntary and your answers will not affect your benefits or services.*

**Thank you for taking a few minutes to share your feedback!**