

## **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](https://www.medicare.gov).
- Visit [Medicare.gov/publications](https://www.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](https://www.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](https://www.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](https://www.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**



**Are you visiting your doctor or other health care provider? Be prepared to take a list of questions with you.**



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CENTERS FOR MEDICARE & MEDICAID SERVICES

**T**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 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.

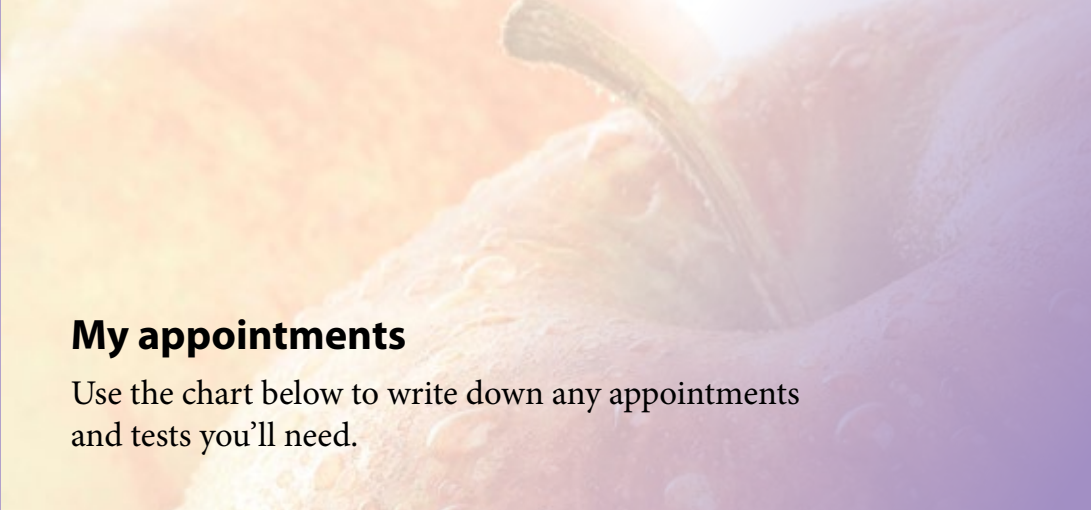
## Medicare covers these preventive services:

- 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 Cologuard™)
- 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

## 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.

<b>Before you leave your doctor's office, make sure to ask these questions:</b>	<b>Notes</b>
<div data-bbox="1238 610 2101 694"><b>About the test</b></div> <div data-bbox="1238 694 2101 978"><ul style="list-style-type: none"><li><input type="checkbox"/> Do I need the test?</li><li><input type="checkbox"/> What's the test for?</li><li><input type="checkbox"/> How's the test done?</li><li><input type="checkbox"/> What are the benefits and risks of having the test?</li><li><input type="checkbox"/> What do I need to do to prepare for the test?</li><li><input type="checkbox"/> Do I need to get a referral?</li><li><input type="checkbox"/> Do I need to make an appointment?</li></ul></div> <div data-bbox="1238 978 2101 1059"><b>About the test results</b></div> <div data-bbox="1238 1059 2101 1197"><ul style="list-style-type: none"><li><input type="checkbox"/> When will I get the results?</li><li><input type="checkbox"/> What will they tell me?</li><li><input type="checkbox"/> What's the next step after the test?</li><li><input type="checkbox"/> How often do I need this test?</li></ul></div> <div data-bbox="1238 1197 2101 1280"><b>Costs for the test</b></div> <div data-bbox="1238 1280 2101 1380"><ul style="list-style-type: none"><li><input type="checkbox"/> Will Medicare/my other insurance pay for/cover the test?</li><li><input type="checkbox"/> How much will I have to pay?</li></ul></div>	



## **My appointments**

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

[illegible]