

Medicare Part B pays for preventive care to help you stay healthy. Talk to your doctor to see if these benefits are right for you.

“WELCOME TO MEDICARE” PHYSICAL

Physical exam within 12 months of enrollment – Free if your doctor accepts assignment

ANNUAL WELLNESS EXAM

Yearly visit with your doctor to assess health risks and develop or update a personalized prevention plan – Free if your doctor accepts assignment

ABDOMINAL AORTIC ANEURYSM SCREENING

A one-time ultrasound test for those at risk of a large vein rupture – Free if your doctor accepts assignment

CARDIOVASCULAR SCREENING BLOOD TESTS

Blood tests to check heart health every five years – Free if your doctor accepts assignment

DIABETES SCREENING TESTS

Twice a year for those at high risk – Free if your doctor accepts assignment

GLAUCOMA SCREENING

An annual eye pressure test for those at high risk – Medicare pays 80% after you meet the yearly deductible

BONE MASS MEASUREMENT

For those at high risk of osteoporosis – Free if your doctor accepts assignment

SCREENING MAMMOGRAPHY

An annual test for breast health for women age 40 and older - Free if your doctor accepts assignment

PAP TESTS & PELVIC EXAMINATION

Testing for cervical and vaginal cancers once every two years, or annually if at high risk - Free if your doctor accepts assignment

COLORECTAL CANCER SCREENING

Testing for cancers in the rectum and intestines for all enrollees age 50 and older – Free if your doctor accepts assignment

PROSTATE CANCER SCREENING

Tests for prostate cancer annually for all men age 50 and older - Free if your doctor accepts assignment

DIABETES MONITORING AND EDUCATION

For those who must monitor blood sugar – Medicare pays 80% after you meet the yearly deductible

MEDICAL NUTRITIONAL THERAPY

Learning ways food can make you feel better for those with diabetes or kidney disease - Free if your doctor accepts assignment

SMOKING CESSATION SERVICES

Eight sessions annually to help you stop smoking – Medicare pays 80% after you meet the yearly deductible, or free if you have not been diagnosed with a smoking-related illness

FLU & H1N1 VACCINATION (SHOTS)

Annually – Free if your doctor accepts assignment

PNEUMOCOCCAL VACCINATION (SHOTS)

Once per lifetime - Free if your doctor accepts assignment

HEPATITIS B VACCINATION (SHOTS)

For those at medium or high risk - Free if your doctor accepts assignment

HIV SCREENING

Upon request, annual testing for the Human Immunodeficiency Virus - Free if your doctor accepts assignment

If you get your health care coverage through a Medicare Advantage Plan (i.e., Medicare Part C), call your plan for more information on preventive services.

Featured Benefit

ANNUAL WELLNESS EXAM - NEW!

Starting January 1, 2011, if you've had Part B longer than 12 months, you can get a yearly wellness visit with your doctor or health care provider to develop or update a personalized prevention plan based on your current health and risk factors. This includes the following:

- Review of medical and family history
- A list of current providers and prescriptions
- Height, weight, blood pressure, and other routine measurements
- A screening schedule for appropriate preventive services
- A list of risk factors and treatment options for you

The wellness exam is free once every 12 months.

You pay nothing for the wellness visit if your doctor accepts assignment.

You cannot get this exam within 12 months of your "Welcome to Medicare" physical exam.

For additional information on the preventive benefits covered by Medicare Part B, contact the following agency:

For additional information call the NJ Division of Aging and Community Services at **1-800-792-8820**, or visit our website at www.aging.nj.gov

Chris Christie, Governor
Kim Guadagno, Lt. Governor
Mary O'Dowd, Acting Commissioner



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YOUR GUIDE TO FREE & REDUCED-COST MEDICARE PREVENTIVE BENEFITS



FOR INDIVIDUALS ENROLLED
IN MEDICARE PART B