



Your Guide To Free and Reduced-Cost Medicare Preventive Benefits

For Individuals Enrolled In Medicare Part B

Medicare Part B pays for preventive care to help you stay healthy. These benefits are free if your doctor accepts assignment, unless noted otherwise.

“Welcome to Medicare” Physical

Physical exam within 12 months of Part B enrollment

Annual Wellness Visit

Yearly visit with your doctor to assess health risks, develop or update a personalized prevention plan, and to discuss advance directives

Abdominal Aortic Aneurysm Screening

A one-time ultrasound test for those at risk of a large vein rupture

Cardiovascular Disease Screenings

Blood tests to check heart health every five years

Diabetes Screenings

Twice a year for those at high risk

Glaucoma Screening

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

Bone Mass Measurement

Once every 2 years for those at high risk of osteoporosis

Screening Mammography

One baseline test for women age 35-39, and annual testing for women age 40 and older

Cervical/Vaginal Cancer Screenings

A pap test and pelvic exam once every two years, or annually if at high risk, and a human papillomavirus (HPV) test – when received with a pap test – once every five years for non-symptomatic woman age 30-65

Colorectal Cancer Screenings

Testing for cancers in the rectum and intestines for all enrollees age 45 and older

Prostate Cancer Screening

Annually for men age 50 and older – Medicare covers the prostate specific antigen (PSA) test in full, but only 80% after you meet the yearly deductible for the digital rectal exam

Diabetes Self-Management Training

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

Depression Screening

Once-a-year depression screening conducted by your primary care doctor

Flu Shots

Annually

Pneumococcal Shots

Two different shots, one year apart

Hepatitis B Screening

For those at high risk or pregnant

Hepatitis B Shot

For those at medium to high risk

HIV Screening

Upon request, annual testing for the human immunodeficiency virus – women can get up to three HIV tests during a pregnancy

Smoking Cessation Services

Up to eight sessions annually to help you stop smoking

Cardiovascular Behavioral Therapy

An annual visit that may include blood pressure screening and behavioral counseling with your doctor, including tips for healthy eating and a discussion on aspirin use, if appropriate

Hepatitis C Screening

Testing for individuals born between 1945 and 1965, or those who had blood transfusions before 1992, or those with a current or past history of illicit injection drug use

Lung Cancer Screening

A low dose CT Scan for smokers and ex-smokers meeting certain conditions



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.

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For more information on programs that help lower your Medicare costs, contact the following agency:

Alcohol Misuse Screening and Counseling

One alcohol misuse screening annually and up to four brief face-to-face counseling sessions per year with your doctor for those who could benefit from the sessions based on the results of the initial screening

Obesity Screening and Counseling

If your body mass index (BMI) is 30 or more, you can get face-to-face behavioral therapy visits with your doctor for up to 12 months to help you lose weight

STI Screening and Counseling

Testing for sexually transmitted infections for those at increased risk for an STI or those who are pregnant. Medicare also covers up to two individual counseling sessions with your doctor per year for those meeting certain criteria

Diabetes Prevention Program

Medicare covers counseling for those who have BMI of at least 25 or blood test showing pre-diabetes

Vaccines

Medicare Part B covers the full cost for vaccines for Covid-19 and Medicare Part D covers the full cost for vaccines for shingles, TDAP (tetanus, diphtheria whooping cough and pertussis), and MMR (measles, mumps and rubella)



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Dr. Dale G. Caldwell, Lt. Governor



Department of Human Services
Dr. Stephen Cha, Commissioner

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

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