

# GeorgiaCares

Local help for people with Medicare





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This guide lists screenings and/or tests that are free if you have Original Medicare and if the doctor or other qualified health care provider accepts assignment. If you are in a Medicare advantage Plan, your cost may be different. Contact your plan to find out the cost.



According to the Centers for Medicare & Medicaid Services (CMS), the best way to stay healthy is to live a healthy lifestyle. You can live a healthy lifestyle 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 programs for health monitoring, and counseling and education to help you take care of your own health.

### **What is Preventive Care?**

Preventive care is health services that help you stay healthy, receive prompt treatment for illness or diseases and reduce your overall medical expenses. Medicare covers many preventive care services. In some cases, Medicare only covers preventive care services if you have certain risk factors. For example, Medicare covers a glaucoma test if you have any of the following risk factors:

- You have diabetes.
- You have a family history of glaucoma.
- You are African American and 50 or older.
- You are Hispanic and 65 or older.

Medicare does not cover all preventive care services.



## FREE MEDICARE PREVENTIVE & SCREENING SERVICES

### Abdominal aortic aneurysm screening\*

- Once in your lifetime
- If you're at risk

### Alcohol misuse screening and counseling\*

- Once per year
- If you're at risk

### Bone mass measurement\*

- Once every 24 months (more often if medically necessary)
- If you're at risk

### Breast cancer screening (mammograms)\*

- Once every 12 months (women who are 40 and older)
- If you're at risk

### Cardiovascular disease (behavioral therapy)\*

- Once per year
- If you're at risk

### Cardiovascular disease screening\*

- Once every five years
- If you're at risk

### Cervical and vaginal cancer screening\*

- Once every 24 months
- If you are 50 and older

### Colorectal cancer screening\*

- From 12 months to 48 months depending type of screening test and risk factors
- If you are 50 and older

### Depression screening\*

- Once per year
- Must be done in a primary care setting

\*You pay nothing for this screening/test if the doctor or other qualified health care provider accepts assignment.



## **Diabetes screening\***

- Up to two per year based on you screening test results
- If you're at risk

## **Diabetes self-management training (DSMT)\***

- Up to 10 hours (One hour of individual training and nine hours of group trainings)
- If you are a diabetic

## **Medicare Prevention Program\***

- Once in your lifetime
- If you're at risk

## **Glaucoma test\***

- Once every 12 months
- If you're at risk

## **Hepatitis B Virus (HBV) infection screening\***

- Annually if you're at risk and don't get a Hepatitis B vaccination
- If you're at risk

## **Hepatitis C screening test\***

- One time if you're at risk
- Annually if you're at high risk

## **HIV screening\***

- Once every 12 months if your are 15-65, not at risk and ask for the screening
- Once every 12 months if you are older than 65, at risk and ask for the screening

## **Lung cancer screening\***

- Once every 12 months
- If you're at risk



\*You pay nothing for this screening/test if the doctor or other qualified health care provider accepts assignment.

## **Medical nutrition therapy\***

- Medicare covers three hours of one-on-one counseling services the first year, and two hours each year after that
- Certain people who have diabetes, renal disease or who have had a kidney transplant
- Must have a doctor's referral

## **Obesity screening and counseling\***

- Intensive behavioral therapy for people with obesity, defined as a body mass index (BMI) of 30 or more
- All people with Medicare may be screened for obesity

## **Prostate cancer screening\***

- All men with Medicare over 50
- Digital rectal examination: Once every 12 months. (You pay 20%).
- PSA test: Once every 12 months. (You pay nothing).

## **Sexually transmitted infection screening and counseling\***

- Once every 12 months
- Up to two individual 20- to 30-minute, face-to-face, high-intensity behavioral counseling sessions each year
- If you're at risk

\*You pay nothing for this screening/test if the doctor or other qualified health care provider accepts assignment.



## SHOTS

### Flu Shot\*

- Once each flu season
- All people with Medicare

### Pneumococcal shot\*

- Once in a lifetime, with a second shot 11 months after the first shot
- All people with Medicare

### Hepatitis B shot\*

- Three shots for complete protection
- If you're at medium or high risk

### Smoking and tobacco use cessation counseling\*

- Up to eight face-to-face visits during a 12-month period
- People with Medicare who use tobacco

### "Welcome to Medicare" preventive visit\*

- One-time preventive visit within the first 12 months that you have Medicare Part B
- All people with Medicare

### Yearly Wellness visit\*

- Once every 12 months
- All people with Medicare. (You pay nothing for this visit if your doctor or other qualified health care provider accepts assignment).
- The Part B deductible doesn't apply.

However, you may have to pay coinsurance, and the Part B deductible may apply if:

- Your doctor or other health care provider performs additional tests or services during the same visit.
- Additional tests or services aren't covered under preventive benefits.

\*You pay nothing for this screening/test if the doctor or other qualified health care provider accepts assignment.



## **ABOUT YOUR “WELCOME TO MEDICARE” PREVENTIVE CARE VISIT**

Your “Welcome to Medicare” visit is a one-time preventive visit within the first 12 months that you have Medicare Part B (Medical Insurance). This visit is covered by Medicare.

### **During the visit, your doctor will:**

- Record and evaluate your medical and family history, current health conditions and prescriptions
- Check your blood pressure, vision, weight and height to get a baseline for your care
- Make sure you’re up to date with preventive screenings and services, like cancer screenings and shots
- Order further tests, depending on your general health and medical history
- Give you a plan or checklist with free screenings and preventive services that you may need

### **What to bring to your “Welcome to Medicare” preventive visit**

- Medical records, including immunization records. Even if your current doctor does the visit, gather as much medical information as you can to make sure nothing is missed.
- Family health history. Try to learn as much as you can about your family’s health history before your appointment. The information will help you and your doctor better understand if you need any further screenings and what to watch for in the future.
- Prescription drugs. Bring a list of any prescription drugs, over-the-counter drugs, vitamins and supplements that you currently take, how often you take them and why.



## **ABOUT YOUR ANNUAL WELLNESS PREVENTIVE CARE VISIT**

If you've had Medicare Part B for longer than 12 months, you can get a yearly Wellness visit once every 12 months to develop or update a personalized prevention plan.

Your Annual Wellness visit is designed to help prevent disease and disability based on your current health and risk factors. Your provider will ask you to fill out a questionnaire called a Health Risk Assessment.

Your visit may also include:

- A review of your medical and family history
- Developing or updating a list of current providers and prescriptions
- Height, weight, blood pressure, and other routine measurements
- Detection of any cognitive impairment
- Personalized health advice
- A list of risk factors and treatment options for you

Answering these questions can help you and your provider develop a personalized prevention plan to help you stay healthy and get the most out of your visit.



## WHAT IS A HEALTH RISK ASSESSMENT (HRA)?

The HRA includes questions about chronic diseases, injury risks, modifiable risk factors and urgent health needs. An HRA generally asks about overall health and functional matters such as ability to engage in activities of daily living (ADLs), level of physical activity, history with falls, any experience with pain, eating patterns, fatigue, alcohol or tobacco use and medication use.

The HRA can be mailed to patients before their visit, completed in the office prior to seeing the health care professional or completed during the actual visit. Additionally, the HRA can be completed through interactive telephonic or web-based programs or through community-based prevention programs. Sometimes a health care professional asks the questions and records the patient's responses during the course of the visit.



## PREPARING FOR YOUR DOCTOR'S VISIT

### What to bring to your doctor's visit

- Medical records, including immunization records. Even if your current doctor does the visit, gather as much medical information as you can to make sure nothing is missed.
- Family health history. Try to learn as much as you can about your family's health history before your appointment. The information will help you and your doctor better understand if you need any further screenings and what to watch for in the future.
- Prescription drugs. Bring a list of any prescription drugs, over-the-counter drugs, vitamins and supplements that you currently take, how often you take them and why.

### Consider bringing a family member or friend

Let your family member or friend know what your concerns are and what you want to discuss with the doctor. Your family member or friend can help you remember your questions, take notes and help you remember what the doctor said.

### Prepare to see and hear as well as possible

Remember to take your glasses and/or hearing aid to the doctor's visit. Let the doctor and staff know if you have a hard time seeing or hearing. For example, you may want to say: "My hearing makes it hard to understand everything you're saying. It helps a lot when you speak slowly."

### Use these worksheets to help prepare for your appointment

- Discussing Your Concerns with the Doctor Worksheet
- Discussing Changes in your Health Worksheet
- Tracking your Medications Worksheet



## DISCUSSING YOUR CONCERNS WITH THE DOCTOR WORKSHEET

Doctor	Appointment Date	Time	Address	Phone

List any questions / concerns that you have below

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

## DISCUSSING CHANGES IN YOUR HEALTH WORKSHEET (1 of 2)

Topics	Date	Notes
Appetite changes		
Bowel problems		
Chest pain		
Feeling dizzy or lightheaded		
Headaches		
Losing urine or feeling wet		
Recent hospitalizations/ emergencies		
Shortness of breath		
Vision changes		
Weight changes		

## DISCUSSING CHANGES IN YOUR HEALTH WORKSHEET (2 of 2)

<b>Thoughts and Feelings</b>		
<b>Topics</b>	<b>Date</b>	<b>Notes</b>
Feeling lonely or isolated		
Feeling sad, down or blue		
Intimacy or sexual activity issues		
Problems with memory or thinking		
Problems with sleep or changes in sleep patterns		
<b>Everyday Living</b>		
<b>Topics</b>	<b>Date</b>	<b>Notes</b>
Accidents, injuries or falls		
Advance directive		
Daily activities and exercise		
Driving, transportation and mobility		
Living situation		



## RESOURCES

### **CMS**

Centers for Medicare & Medicaid Services

[cms.gov](https://www.cms.gov)

### **GARD collaborative**

Georgia Alzheimer's & Related Dementias State Plan

[aging.georgia.gov/georgia-alzheimers-related-dementias-state-plan](https://aging.georgia.gov/georgia-alzheimers-related-dementias-state-plan)

### **GeorgiaCares**

State Health Insurance Assistance Program (SHIP)

[mygeorgiacares.org](https://mygeorgiacares.org) | 866-552-4464 (option 4)

### **Go4Life**

[go4life.nia.nih.gov](https://go4life.nia.nih.gov)

### **Medicare.gov**

The official U.S. government site for Medicare

[medicare.gov](https://www.medicare.gov)

### **NCOA**

National Council on Aging

[ncoa.org](https://www.ncoa.org)

### **National Falls Prevention Resource Center**

[ncoa.org/center-for-healthy-aging/falls-resource-center/](https://www.ncoa.org/center-for-healthy-aging/falls-resource-center/)

### **NIH – NIA**

National Institute on Aging

[nia.nih.gov/health/doctor-patient-communication/talking-with-your-doctor](https://nia.nih.gov/health/doctor-patient-communication/talking-with-your-doctor)

