



# TYPES OF MEDICARE PREVENTIVE SERVICES

## SENIOR MEDICARE PATROL (SMP HAWAII)

State of Hawaii

Executive Office on Aging  
250 S. Hotel Street, Suite 406  
Honolulu, Hawaii 96813

Oahu: 808-586-7281

Toll free: 1-800-296-9422

Email: [adele.ching@doh.hawaii.gov](mailto:adele.ching@doh.hawaii.gov)

Website: [smphawaii.org](http://smphawaii.org)



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Points of view or opinions do not, therefore, necessarily represent official Administration on Aging policy.

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## The Senior Medicare Patrol (SMP Hawaii) wants you to:

- Ask your doctor or other health care provider which preventive services are right for you.
- Keep a record of the preventive services you receive.
- Know when a preventive service will be at no cost to you or when you may have to pay a deductible or copayment. Call 1-800-MEDICARE to find out.
- Check your Medicare claims to make sure your preventive services were billed correctly. Register on [www.MyMedicare.gov](http://www.MyMedicare.gov) for access to your Medicare account any time, any day.
- If you believe there is a mistake in your claims, call SMP Hawaii at (808) 586-7281 or toll free at 1-800-296-9422. Visit our website at [www.smphawaii.org](http://www.smphawaii.org)

The Senior Medicare Patrol is a program of the U.S. Administration on Aging that recruits and trains retired professionals to educate seniors, with the goal of "Empowering Seniors to Prevent Healthcare Fraud." Hawaii's SMP was established in 1997 and is sponsored by the State Executive Office on Aging.



# PREVENTIVE SERVICES

Most of these preventive services will be at no cost to you if you get them from a qualified health care provider who accepts Medicare assignment. Some may have co-pays and deductibles.

## **ABDOMINAL AORTIC ANEURYSM SCREENING**

A one-time screening ultrasound for people at risk.

## **ALCOHOL MISUSE COUNSELING**

1 screening per year and up to 4 counseling sessions per year for adults who misuse alcohol.

## **BONE MASS MEASUREMENT**

Helps to see if you are at risk for broken bones. This service is covered once every 24 months for people at risk.

## **BREAST CANCER SCREENING (MAMMOGRAMS)**

Baseline screening for women between ages 35-39 and once every 12 months for all women age 40 and older.

## **CARDIOVASCULAR DISEASE (BEHAVIORAL THERAPY)**

1 visit per year with your primary care doctor to help lower your risk for cardiovascular disease.

## **CARDIOVASCULAR SCREENINGS**

Help detect conditions that may lead to a heart attack or stroke. Medicare covers tests for cholesterol, lipid, and triglyceride levels every 5 years.

## **COLORECTAL CANCER SCREENINGS**

Help find pre-cancerous growths or cancer in the colon early, when treatment is most effective. For people 50 or older or at high risk for colorectal cancer.

## **DEPRESSION SCREENING**

1 depression screening per year for all people with Medicare.

## **DIABETES SCREENINGS**

Covered if you have any of the following risk factors: high blood pressure, history of abnormal cholesterol and triglyceride levels (dyslipidemia), obesity, or a history of high blood sugar. Based on the results of these tests, you may be eligible for up to 2 diabetes screenings each year.

## **DIABETES SELF-MANAGEMENT TRAINING**

Your doctor or other health care provider must provide a written order.

## **FLU SHOTS**

Covered once each flu season in the fall or winter.

## **GLAUCOMA TESTS**

Covered once every 12 months for people at high risk for glaucoma.

## **HEPATITIS B SHOTS**

A series of 3 shots covered for people at high or medium risk for Hepatitis B.

## **HIV SCREENING**

Covered for people with Medicare who are pregnant, who are at increased risk for infection, or who asks for the test. Once every 12 months or up to 3 times during pregnancy.

## **MEDICAL NUTRITION THERAPY SERVICES**

Medicare may cover medical nutrition therapy and certain related services if you have diabetes or kidney disease, or if you have had a kidney transplant in the last 36 months, and your doctor refers you for the service.

## **OBESITY SCREENING AND COUNSELING**

Covered if you have a body mass index of 30 or more and the counseling is provided in a primary care setting.

## **PAP TEST, PELVIC EXAM, AND BREAST EXAM**

Medicare covers these screening tests and exams every 24 months, or once every 12 months for women at high risk.

## **PNEUMOCOCCAL SHOT**

Helps prevent pneumococcal infections like certain types of pneumonia. Most people need this preventive shot only once in their lifetime.

## **PREVENTIVE VISITS**

Medicare will cover two types of preventive visits: a one-time "Welcome to Medicare" preventive visit in the first 12 months after you enroll in Medicare Part B and after that, 1 "Wellness" visit every 12 months.

## **PROSTATE CANCER SCREENINGS**

Medicare covers a digital rectal exam and Prostate Specific Antigen (PSA) test once every 12 months for men over age 50 with Medicare.

## **SEXUALLY-TRANSMITTED INFECTIONS SCREENING AND COUNSELING**

Covers tests for chlamydia, gonorrhea, syphilis, and Hepatitis B. For people with Medicare who are pregnant and/or for certain people at increased risk for a sexually transmitted infection.

## **TOBACCO USE CESSATION COUNSELING**

Medicare covers counseling to help people stop smoking or using other tobacco products.

This information is of August 2013. Check the latest Medicare & You handbook or call 1-800-MEDICARE for current information.