

Preventive Services Covered by Medicare

Prevention is an important part of staying healthy. Most of the services listed below are offered free through Medicare Part B, unless otherwise noted.



Service	What It Does	How Often	My Notes
Abdominal Aortic Aneurysm Screening	Looks for bulging in the aorta, which can burst	One-time screening for those at risk, particularly smokers	
Bone Mass Measurement	Checks bone density for risk of broken bones	At least once every 24 months, if medically necessary	
Cholesterol, Lipids and Triglycerides	Measures levels of fats (lipids) in the blood that may lead to heart disease	Every five years	
Fasting Blood Glucose Test	Checks for pre-diabetes and diabetes	Up to two a year for people at risk	
Diabetes Self-Management Training	How to use monitors, test strips, and lancets	Up to 10 hours the first year, up to two hours annually after that**	
Flu Vaccine	Prevents most flu	Every flu season	
Glaucoma Screening	Tests for eye disease	Every 12 months for those at high risk**	
Hepatitis B Vaccine	Prevents Hepatitis B infection	One-time series of three shots	

Service	What It Does	How Often	My Notes
HIV Screening	Blood test to screen for HIV	For pregnant women or those at high risk, once every 12 months or up to 3 times during pregnancy*	
Mammogram	Screens for breast cancer	Every 12 months for women 40 and older. One baseline mammogram for women 35-39	
Medical Nutrition Therapy Services	Diet advice if you have diabetes or kidney disease	3 hours first year; 2 hours yearly after that	
Pap Test and Pelvic Exam	Screens for cervical or vaginal cancer	Every 24 months or once every 12 months for women at high risk, including women of childbearing age who are at high risk	
Pneumococcal Vaccine	Prevents pneumonia	One-time shot for most people	
Prostate Cancer Screening	PSA blood test or digital rectal exam	For men 50 and older, every 12 months for either test**	
Tobacco Cessation	Counseling to help people quit smoking or using tobacco	Up to 8 sessions in 12 months	
"Welcome to Medicare" Preventive Visit	Establishes personalized preventive plan	One time within 12 months of enrollment	
Yearly "Wellness" Visit	Basic health checkup	Once every 12 months	

Colorectal Cancer Screening:

Service	What It Does	How Often	My Notes
Colonoscopy	Looks for abnormal growths in the entire colon and rectum	Every 120 months (high-risk patients every 24 months) or 48 months after a flexible sigmoidoscopy	
Fecal Occult Blood Test	Looks for blood in the stool	Every 12 months	
Flexible Sigmoidoscopy	Looks for abnormal growths in the lower colon and rectum	Every 48 months after last test or last barium enema; 120 months after colonoscopy	
Barium Enema	X-ray of the large intestine	Every 48 months; high risk patients every 12 months*	

* The patient pays 20% of the Medicare-approved cost.

** The patient pays 20% of the Medicare-approved cost after their annual deductible is met for these tests: Diabetes Self Management Training, Glaucoma Screening, the Digital Rectal Exam.

Source: Department of Health and Human Services, "Your Guide to Medicare's Preventive Services"

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