



Medicare Preventive Services

Most Are
FREE!

Call Senior Health Insurance In-
formation Program (SHIIP)

1-800-224-6330

WELLNESS VISITS

Welcome to Medicare
Visit:

FREE

One-time comprehensive
doctors office visit (with
referrals for other care if
needed) within the first 12
months of joining Part B.

When making the
appointment be sure to
mention the ‘Welcome to
Medicare exam.’



LOCAL HELP FOR PEOPLE WITH MEDICARE



Seniors Health Insurance Information Program

1-800-224-6330

VISIT OUR WEBSITE:

[https://insurance.arkansas.gov/pages/
/consumer-services/senior-health/](https://insurance.arkansas.gov/pages/consumer-services/senior-health/)

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Yearly "Wellness" visit

If you've had Medicare Part B (Medical Insurance) for longer than 12 months.

This includes:

- ◆ Health risk assessment (Your doctor or health professional will ask you to answer some questions before or during your visit, which is called a health risk assessment. Your responses to the questions will help you and your health professional get the most from your yearly "Wellness" visit.)
- ◆ Review of medical and family history.
- ◆ Develop or update 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.
- ◆ A screening schedule (like a checklist) for appropriate preventive services.

WOMENS HEALTH

Breast cancer screening
(mammograms)

Who's covered?

Mammogram: Paid every 12 months for women 40 and older or more often by doctor's orders. Pays for a baseline mammogram for women between 35-39.

Pap Tests and Pelvic Exam: (including clinical breast exam): Paid once every 24 months or once every 12 months for women at high risk.

Your costs if you have Original Medicare:

You pay nothing for the test if the doctor accepts assignment.

Am I at risk for breast cancer?

Your risk of developing breast cancer increases if any of these are true:

- ◆ You had breast cancer in the past.
- ◆ You have a family history of breast cancer (like a mother, sister, daughter, or 2 or more close relatives who've had breast cancer).
- ◆ You had your first baby after 30.
- ◆ You've never had a baby.

Diabetes screening and self-management training

Diabetes is a medical condition in which your body doesn't make enough insulin, or has a reduced response to insulin.

Who's covered?

People who are at risk for diabetes and get a referral from a doctor.

How often is it covered?

Based on the results of your screening tests, you may be eligible for up to 2 diabetes screenings per year.

Your costs if you have Original Medicare

You pay nothing for this screening. But may pay a copayment for the doctor's visit.

Diabetes Self-Management Training:

For people with diabetes with a written order from a doctor or other health care provider. This is not free and requires a copayment.

OTHER SERVICES:

Smoking Cessation/Nutrition Therapy/Vaccines/Cancer Screenings/Abdominal Aortic Aneurysm Screening/Bone Density Test/Cardiovascular Screening/HIV/Glaucoma Test.

**FOR MORE INFORMATION VISIT
MEDICARE.GOV**