

Are You Up To Date on Your Preventive Services?

Medicare covers a full range of preventive services to help keep you healthy and find problems early when treatment works best. Ask your doctor what services are right for you and use the space below to track appointment dates, times, and other important information.



- One time “Welcome to Medicare” preventive visit— get this visit within the first 12 months you have Medicare Part B (Medical Insurance) _____
- Yearly “Wellness” visit—get this visit 12 months after your “Welcome to Medicare” preventive visit or 12 months after your Part B coverage starts _____
- Abdominal aortic aneurysm screenings _____
- Alcohol misuse screenings & counseling _____
- Bone mass measurements (bone density test) _____
- Cardiovascular behavioral therapy _____
- Cardiovascular disease screenings (cholesterol, lipids, triglycerides) _____
- Cervical & vaginal cancer screenings _____
- Colorectal cancer screenings _____
- Counseling to prevent tobacco use & tobacco-caused disease _____
- Depression screening _____
- Diabetes screening _____
- Diabetes self-management training _____
- Flu shots _____

- Mammograms (breast cancer screenings) _____
- Glaucoma screening _____
- Hepatitis B screenings _____
- Hepatitis C screenings _____
- HIV (Human Immunodeficiency Virus) screenings _____
- Lung cancer screenings _____
- Medical nutrition therapy services _____
- Medicare diabetes prevention program _____
- Obesity screenings and counseling _____
- Pneumococcal shots _____
- Prostate cancer screenings _____
- Sexually transmitted infection screenings & counseling _____

For more details about Medicare’s coverage of preventive services, including your costs in Original Medicare, visit [Medicare.gov/publications](https://www.medicare.gov/publications) to view or print the booklet “Your Guide to Medicare Preventive Services.”

You have the right to get Medicare information in an accessible format, like large print, braille, or audio. You also have the right to file a complaint if you feel you’ve been discriminated against. Visit [Medicare.gov/about-us/accessibility-nondiscrimination-notice](https://www.medicare.gov/about-us/accessibility-nondiscrimination-notice), or call 1-800-MEDICARE (1-800-633-4227) for more information. TTY users can call 1-877-486-2048.

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