

MEDICARE FREE SERVICES*

[*No copayment or deductible for Original Medicare (Part B); some Medicare Advantage Plans may have a small co-payment. For coverage details and questions, please call EPHC at 530.832.6570, 1.800.MEDICARE, or your Medicare Advantage provider.]]

*Free Welcome and Wellness Visits**

MEDICARE covered patients can now take advantage of the Preventive Services program that offers a **free*** complete Welcome to Medicare** physical and annual Wellness physical. During this visit your doctor will: 1. record and evaluate your medical and family history, current health conditions, and prescriptions; 2. check your blood pressure, vision, weight, and height; 3. determine which of the many free preventive screenings, tests, and services you are eligible for (these include cancer, cardiovascular, and diabetes screenings, flu shots and more); 4. order these free tests and screenings for you; and, 5. give you a takeaway Preventive Services Checklist which tells you which tests/services are available to you now and the date when you'll be able to get the other tests/services on the list that apply to you.

This visit is covered by Original Medicare (Part B) and Medicare Advantage Plans. This visit is free under original Medicare and also under most Medicare Advantage Plans. Check with your insurer if you have Medicare Advantage to determine if the Welcome and annual Wellness visits are free to you and, also, the extent of coverage for the preventive screenings/tests. Or, you can call EPHC at 530.832.6570, and we'll be glad to help you.

Free Preventive Services

The following list of Preventive Services are available free of charge to Medicare patients. Your doctor or EPHC staff member will tell you which ones you currently qualify for, and then these tests/services will be ordered for you. Medicare Advantage patients may receive these services free, or they may have a small co-payment. Please consult your plan or call our office at 530.832.6570, and we'll be happy to help you determine your individual coverage.

Alphabetical List of Covered Preventive Services Offered at EPHC.

Under each test or screening listed below, **a.** explains when this service is covered, and **b.** describes eligibility/risk factor requirements.

1. **Abdominal Aortic Aneurysm Screenings** (An aneurysm is a ballooning of largest artery in the body. A rupture, if not treated quickly, is fatal.)
 - a. 1 time ultrasound screening. You must get a **referral** from your doctor at your Welcome to Medicare Exam (***within the first 12 months on Medicare*** Part B).
 - b. Your screening is free if you have one of the following **risk factors** (and you've never had an AAA ultrasound screening paid for by Medicare):

1. family history of abdominal aortic aneurysm
2. a man age 65 – 75 who has smoked at least 100 cigarettes in his lifetime

2. Bone Mass Measurements (If you're at risk for osteoporosis, this test helps you detect the disease at an early stage when treatment works best.)

a. **Every 24 months**. More often if medically necessary.

b. Must be considered **at risk** and **meet one of five criteria**.

1. risk factors:

- female
- post-menopausal
- ovaries removed
- family history (osteoporosis, broken bones, height loss, curved spine)
- low body weight/small & thin
- broken bones, height loss

2. meet one of five criteria:

- woman with estrogen deficiency
- man/woman with vertebral abnormalities (shown in an x-ray)
- man/woman receiving steroid treatments
- man/woman with hyperparathyroidism
- man/woman taking an osteoporosis drug

3. Cardiovascular Screenings (Checks cholesterol and other blood fat (lipid) levels, which helps prevent heart attack or stroke.)

a. Covered once **every 5 years**.

b. **Everyone**.

4. Colon Cancer Screenings (Colorectal) - Fecal Occult Blood Test and Colonoscopy Screening

4.1 Fecal Occult Blood Test

a. Once **every 12 months**.

b. **Age 50 and over**.

4.2 Colonoscopy Screening

a. Generally **every 10 years**; **every 24 months** if high risk (certain exceptions apply; see your doctor for details or call EPHC at 530.832.6570 or 1.800.MEDICARE).

b. **Everyone**. Risk level and whether/when you've had a sigmoidoscopy screening determine timing. **Risk factors** which determine whether more frequent screenings are covered include:

- family/personal history of colorectal cancer or pre-cancerous polyps.
- personal history of inflammatory bowel disease, including Crohn's Disease and Ulcerative Colitis.

5. Diabetes Screening/Fasting Blood Glucose (Further information on Medicare Coverage of Diabetes Supplies & Services is available online at: <http://www.medicare.gov/publications/pubs/pdf/11022.pdf>)

a. *Two per year.*

b. Anyone who has *two* of the following *risk factors*:

- age 65 or over
- overweight
- family history of diabetes
- personal history of gestational diabetes (diabetes during pregnancy), or delivering a baby weighing over 9 pounds

6. Flu Shots

a. *Once per flu season.*

b. *Everyone.* Shot must be given by your health care provider.

7. Mammograms (includes digital)

a. *Every 12 months.*

b. *All women.* (Also one *baseline* screening for women *ages 35 - 39.*)

8. Pap Tests and Pelvic Exams (includes breast exam)

a. *Every 2 years* for *low risk* women; *every year* for *high risk* women. (High risk women are 1. of childbearing age; and 2. had an exam within the past three years that indicated cervical or vaginal cancer or other abnormalities.)

b. *All women.*

9. Pneumococcal Vaccine

a. *Once* in a lifetime, any time of the year. (High risk individuals can receive booster vaccine *5 years* after their last pneumonia shot.)

b. *Everyone.*

10. Prostate Cancer Screenings - Digital Rectal Exam and Prostate Specific Antigen (PSA) Test

a. *Every 12 months.*

b. *All men*, the day after your *50th* birthday. (You pay 20% of the Medicare approved amount for the digital rectal exam after your yearly Part B deductible. The PSA test is free.)

Medicare Preventive Services Checklist

We have provided the Medicare Preventive Services Checklist and highlighted the tests we offer at EPHC. The checklist allows you to record the date of your last screening/test and to see when your next one is due. You can also track a personalized copy of these preventive services on MyMedicare.gov, which tells you what tests you're eligible for, and when. For further details and questions, please call EPHC at 530.832.6570 or 1.800.MEDICARE.

Medicare Covered Test/Screening/Service	Date You Got This Test/Screening/Service	Next Test/Screening Service Due
Abdominal Aortic Aneurysm Screening		
Bone Mass Measurement		
Cardiovascular Screening		
Colorectal Cancer Screening		
Fecal Occult Blood Test		
Flexible Sigmoidoscopy		
Colonoscopy		
Barium Enema		
Diabetes Screening		
Diabetes Self-management Training		
Flu Shot		
Glaucoma Test		
Hepatitis B Shot		
HIV Screening		
Mammogram		
Medical Nutrition Therapy Services		
Pap Test and Pelvic Exam (includes breast exam)		

“Welcome to Medicare” Preventive Visit		
Yearly “Wellness” Visit		
Pneumococcal Shot		
Prostate Cancer Screening		
Smoking Cessation Counseling		

***Welcome to Medicare* visit: a comprehensive, one-time preventive physical *during the first 12 months* you have Medicare Part B.

Every year thereafter, you are eligible for a preventive *Wellness* physical, during which your doctor will update your personal health plan and discuss what free services/screenings/ tests you’re eligible for at that time. This visit occurs 12 months after your Welcome visit. If you didn’t have a Welcome visit during the first 12 months, you can schedule your Wellness visit at any time. This visit is covered *once every 12 months*. *Welcome and Wellness visits are free* to you.