



National Women's Health Week: Medicare Preventive Services Every Woman Should Know About

Medicare Preventive Services

In addition to being among the most costly health conditions, chronic diseases are also among the most preventable of all health problems. Medicare pays for many preventive services that can help older women detect illnesses early, evaluate available treatment options and circumvent certain diseases or illnesses.

The "**Welcome to Medicare**" **physical exam** covers a one-time review of your health, education, and counseling about preventive services, including certain screenings and vaccines, and referrals for other care, if needed. You must have the physical exam *within the first six months* you have Medicare Part B.

As a Medicare beneficiary, **EVERY** eligible woman should take advantage of the following *preventive services*:

- **Breast Cancer:** Annual mammograms are covered for all women 40 and over.
- **Cervical and vaginal cancers:** Pap Tests and Pelvic Exams are covered every two years for all women, and once a year for women at high-risk.
- **Colorectal Cancer:** Screenings, including a Fecal Occult Blood Test, Flexible Sigmoidoscopy, Colonoscopy, and/or Barium Enema, vary for persons 50 and over, or at-risk.
- **Diabetes:** Beneficiaries may be eligible for up to two screenings annually, if at-risk (65 and older, with high blood pressure or diabetes, history of abnormal cholesterol and triglyceride levels (dyslipidemia) or being overweight).
- **Glaucoma:** Tests are covered once a year for high-risk beneficiaries.
- **Heart attack or stroke:** Cardiovascular screenings to test your cholesterol, lipid, and triglyceride levels are covered every five years.
- **Hepatitis B:** A three part vaccination is covered for people at high- or medium-risk.
- **Influenza:** The flu vaccine is covered once per flu season in the fall or winter, annually.
- **Osteoporosis:** Bone mass measurements are covered once every two years.

- **Pneumonia:** One life-time vaccine is covered for beneficiaries.
- **Smoking-related illnesses:** Smoking cessation counseling is available for women with Medicare who are diagnosed with a smoking-related illness or are taking medicines that may be affected by tobacco use. Medicare will cover up to eight face-to-face visits ordered by a doctor during a 12-month period.

In an effort to increase awareness and prevention opportunities of women's health issues, Women In Government's Medicare Preventive Services Policy Resource Center will be distributing educational resources to policymakers throughout National Women's Health Week (May 11-17). For more information, please visit www.womeningovernment.org/medicare, call 888-333-0164, or email us at medicare@womeningovernment.org.

About Women In Government

Women In Government is a national, 501(c)(3), nonprofit, bipartisan organization of women state legislators providing leadership opportunities, networking, expert forums and educational resources to address and resolve complex public policy issues.

For more information, visit www.womeningovernment.org.

Women In Government

Medicare Preventive Services Policy
Resource Center

medicare@womeningovernment.org

888-333-0164

www.womeningovernment.org/medicare