## Talk to Your Doctor or Health Care Provider

In providing good care, your doctor or health care provider may do exams or tests that Medicare doesn't cover. Your doctor or health care provider also may recommend that you have tests more or less often than Medicare covers them.

Talk to your doctor or health care provider to find out how often you need certain exams or tests to stay healthy.

## **Get Test Results**

If you don't hear from your health care provider, call and ask for the results. Ask what the results mean for your care, and use that information to talk with your provider and make decisions. Don't assume the results are fine if you don't get them when expected.

#### Resources

For more information about Medicare preventive services, you can do the following:

- Visit www.medicare.gov/publications to view the booklet, "Your Guide to Medicare's Preventive Services."
- Visit www.MyMedicare.gov to get direct access to your preventive health information.
- Call 1-800-MEDICARE (1-800-633-4227). TTY users should call 1-877-486-2048.
- Call your State Health Insurance Assistance Program (SHIP). Call 1-800-MEDICARE for your SHIP's phone number, or visit www.medicare.gov/contacts.

# Questions to Ask about Medicare Preventive Services



CMS Product No. 11542 May 2011 Are you visiting your doctor or other health care provider? Be prepared with a list of questions you can take with you.

CENTERS FOR MEDICARE & MEDICAID SERVICES

he best way to stay healthy is to live a healthy lifestyle. You can be healthier and prevent disease by exercising, eating well, keeping a healthy weight, and not smoking. Medicare can help.

Medicare pays for many preventive services to keep you healthy. Preventive services can find health problems early, when treatment works best, and can keep you from getting certain diseases.

Preventive services include exams, shots, lab tests, and screenings. They also include programs for health monitoring, and counseling and education to help you take care of your own health.

#### Medicare covers the following services:

- Abdominal Aortic Aneurysm Screening
- Bone Mass Measurement
- Cardiovascular Screening
- Fecal Occult Blood Test
- Flexible Sigmoidoscopy
- Colonoscopy
- Barium Enema
- Diabetes Screening
- Diabetes Self-Management Training
- Flu Shot
- Glaucoma Shot

- Hepatitis B
- HIV Screening
- Mammogram (Screening)
- Medical Nutrition Therapy Services
- Pap Test and Pelvic Exam
- Pneumococcal Exam
- Prostate Cancer Screening
- Tobacco Use Cessation
- "Welcome to Medicare" Preventive Visit
- Yearly "Wellness" Visit

## Ask About Preventive Services

- 1. Below is a checklist of important things you should ask your doctor.
- 2. Check the box next to each item when you ask.
- 3. Use the "Notes" column to write down important information.
- 4. Skip any items that don't apply to you.
- 5. Use the resources on the last page if have questions.

## Before you leave your doctor's office, make Notes sure to ask these questions: About the Test $\Box$ Do I need the test? $\Box$ What is the test for? $\Box$ How is the test done? □ What are the benefits and risks of having this test? □ What do I need to do to prepare for the test? About the Test Results □ When will I get the results? $\Box$ What will they tell me? □ What's the next step after the test? □ How often do I need this test? □ Do I need to get a referral? □ Do I need to make an appointment? Costs for the Test □ Will Medicare/my other insurance pay for/cover the test? □ How much will I have to pay?

### **My Appointments**

Use the chart below to write down any appointments and tests you will need.

Appointments and Tests	Date	Phone Number