



My Health.

My Medicare.

Medicare Preventive Benefits 2010

Medicare Part B pays for preventive care to help you stay healthy. Talk to your doctor to see if these benefits are right for you.

<p>Welcome to Medicare Physical</p>	<p>Medicare covers a one-time preventive physical exam <i>within the first <u>twelve months</u> that you have Part B – [Special Note: This change was effective January 1, 2009].</i> The exam will include a thorough review of your health, education and counseling about the preventive services covered by Medicare and referrals for other care if you need it. Medicare pays 80% of the approved amount and <i>beginning <u>January 1, 2009</u> the yearly Part B deductible will be waived.</i></p>
<p>Cardiovascular Screening Blood Tests</p>	<p>Medicare covers cardiovascular screening tests that check your cholesterol and other blood fat (lipid) levels every 5 years. Includes:</p> <ul style="list-style-type: none"> • Total Cholesterol Test • Cholesterol Test for High Density Lipoproteins; and • Triglycerides Test <p>No Part B deductible – Medicare pays 100% of approved amount</p>
<p>Diabetes Screening Tests</p>	<p>Anyone enrolled in Medicare identified as “high risk” for diabetes will be able to receive screening tests to detect diabetes early. Covers up to two screenings each year. Includes:</p> <ul style="list-style-type: none"> • Fasting plasma glucose test • Post-glucose challenge test <p>No Part B deductible – Medicare pays 100% of approved amount</p>
<p>Glaucoma Screening</p>	<p>Must be done or supervised by an eye doctor (optometrist or ophthalmologist). Covered annually for</p> <ul style="list-style-type: none"> • Those with diabetes • Those with a family history of glaucoma • African-Americans age 50 and older • Hispanic-Americans age 65 and older • Other high risk individuals <p>Medicare pays 80% of the approved amount after you meet the yearly Part B deductible.</p>
<p>Bone Mass Measurement</p>	<p>For those enrolled in Medicare at high risk for losing bone mass</p> <p>Medicare pays 80% of the approved amount after you meet the Part B deductible</p>

<p>Screening Mammography (including new digital technologies)</p>	<p>For women age 40 and older enrolled in Medicare</p> <ul style="list-style-type: none"> • Covered annually <p>No Part B deductible – Medicare pays 80% of approved amount.</p>
<p>Screening Pap Test & Pelvic Examination (Includes clinical breast examination)</p>	<p>For all women enrolled in Medicare</p> <ul style="list-style-type: none"> • Covered once every two years for most • Covered annually for women at high risk <p>No Part B deductible – Medicare pays 100% of approved amount for Pap test and 80% of approved amount for pelvic and breast exam.</p>
<p>Colorectal Cancer Screening</p>	<p>For all those enrolled in Medicare age 50 and older</p> <ul style="list-style-type: none"> • Fecal-Occult blood test covered annually – No Part B deductible & Medicare pays 100% of approved amount. • Flexible sigmoidoscopy once every four years • Barium enema can be substituted for sigmoidoscopy or colonoscopy <p>Colonoscopy for any age enrolled in Medicare</p> <p>Average risk - Once every ten years, but not within four years after a screening flexible sigmoidoscopy</p> <p>High-risk - Once every two years</p> <p>No Part B deductible - Medicare pays 80% of the approved amount. You will pay a higher coinsurance if the test is done in a hospital outpatient department.</p>
<p>Prostate Cancer Screening Tests</p>	<p>For all men enrolled in Medicare age 50 and older</p> <ul style="list-style-type: none"> • Covered annually • Digital rectal exam – Medicare pays 80% of the approved amount after the deductible • Prostate Specific Antigen (PSA) test <p>No Part B deductible - Medicare pays 100% of approved amount.</p>
<p>Diabetes Monitoring and Education</p>	<p>Covers Type I and Type II diabetics enrolled in Medicare who must monitor blood sugar (Not paid for those in a nursing home)</p> <p><u>Covered services:</u></p> <ul style="list-style-type: none"> • Glucose-monitoring devices, lancets & strips • Education & training to help control diabetes • Foot care once every 6 months for those with peripheral neuropathy <p>Medicare pays 80% of the approved amount after you meet the yearly Part B deductible.</p>
<p>Medical Nutritional Therapy</p>	<p>Covered for those with diabetes or kidney disease. Includes diagnosis of special nutrition needs, therapy and counseling services to help you manage your disease. Medicare pays 80% of the approved amount after you meet the yearly Part B deductible.</p>

Flu Vaccination	<ul style="list-style-type: none"> Annually (Medicare pays once per season. You do not have to wait 365 days since your last one.) No Part B deductible – Medicare pays 100% of approved amount.
Pneumococcal Pneumonia Vaccination	<ul style="list-style-type: none"> Once per lifetime for all enrolled in Medicare (A doctor may order additional ones for those with certain health problems.) No Part B deductible – Medicare pays 100% of approved amount.

2010 Medicare Costs		
		You pay
Part A	Hospital Inpatient Benefit Period	
	Days 1-60	\$1,100 deductible
	Days 61-90	\$275 per day
	60 Lifetime Reserve Days after Day 90	\$550 per day
	Skilled Nursing Facility	
	Days 1-20	\$0
	Days 21-100	\$137.50 per day
	Premium	
	40 quarters of Social Security work credit -----	Free
	30-39 quarters of Social Security work credit -----	\$254/month
Less than 30 quarters of Social Security work credit ---	\$461/month	
Part B	Deductible (once per calendar year)	\$155
	Premium	\$110.50* per month

*Beneficiaries who had the Part B premium withheld from their Social Security check in 2009 will pay \$96.50 in 2010. Individuals who will pay more than \$110.50 in 2010 include: Individuals with an income greater than \$85,000 (including those who are married and file separately) and couples who file a joint tax return with an income greater than \$170,000 (based on adjusted gross income from 2008 tax returns).

Contact SHIIP if you have questions about:	
<ul style="list-style-type: none"> Medicare Medicare Supplement Insurance Medicare Advantage Plans Medicare Prescription Drug Benefit Claims Long-Term Care Insurance 	<p>This publication has been created or produced by the State of Iowa with financial assistance, in whole or in part, through a grant from the Centers for Medicare and Medicaid Services, the Federal Medicare agency.</p>
<p>Call 1-800-351-4664 (TTY 1-800-735-2942) for the SHIIP services in your area, or check the SHIIP website: www.therightcalliowa.gov</p>	

Your Personalized Medicare Manager Is Waiting for You Online.

Go to MyMedicare.gov and get the personalized information you need to make better health care choices.

With this exciting new web tool, you can make the best health care decisions for your personal needs. MyMedicare.gov puts you in control.

Do all this. Online. Anytime.

- ✓ **Track your health care claims**
- ✓ **Check your Part B deductible status**
- ✓ **View your eligibility information**
- ✓ **Track the preventive services you can use**
- ✓ **Find your Medicare health or prescription plan, or search for a new one**
- ✓ **Keep your Medicare information in one convenient place**



For assistance please call the
Senior Health Insurance Information
Program
or SHIIP at 1-800-351-4664

Ready to get started?

Follow these step-by-step instructions.

- 1. Go to MyMedicare.gov**
- 2. Click on Need to Register**
- 3. Enter your Medicare Number located on your Medicare card.**
- 4. Fill in and submit your information.**
- 5. You'll receive your password by mail in about 14 days.**
- 6. Use your password to access your personal account at MyMedicare.gov.**

Start getting the most out of Medicare!

*My Health.
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