

“Welcome To Medicare Physical Exam”

January 2009



Medicare will cover a **one-time** preventive physical exam **within the first twelve months that you have Part B**. This benefit is for all Medicare beneficiaries including those under age 65.

How much does the exam cost?

You pay 20% of the Medicare approved amount and the yearly Part B deductible is waived. Medicare will cover the exam if performed by a physician, physician assistant, nurse practitioner, or clinical nurse specialist.

What should I expect during the exam?

The “Welcome to Medicare Physical” will include the following:

1. A review of your medical and social history.
2. A review of your potential risk factors for depression.
3. A review of your functional ability and level of safety.
4. Blood pressure, height, weight, body mass index and vision test
5. End-of-life planning
6. Education and counseling on the above five items.
7. A written plan explaining screenings and other recommended preventive services.

All seven elements must be documented in order for the physical to be covered by Medicare. The exam **does not** include clinical laboratory tests.

Medicare will pay for a one-time ultrasound screening for abdominal aortic aneurysms for beneficiaries who are at risk (has a family history or a man age 65 to 75 who has smoked at least 100 cigarettes in his lifetime.) **Only Medicare beneficiaries who receive a referral from the Welcome to Medicare physical exam will be covered for this benefit.** There is no Part B deductible, but you or your supplemental insurance will be responsible for the coinsurance.

What should I take to the exam?

You should bring the following when you go to your “Welcome to Medicare” physical exam:

- Medical records, including immunization records (if you are seeing a doctor for the first time)
- Family health history
- A list of current prescription drugs, how often you take them, and why.

Additional Preventive Services Covered by Medicare:

- Bone Mass Measurement
- Cardiovascular Screening
- Colorectal Cancer Screening
- Diabetes Screening
- Flu Shot
- Glaucoma Test
- Hepatitis B Shot
- Pap Test and Pelvic Exam
- Pneumonia Shot
- Prostate Cancer Screening
- Screening Mammogram

For more information about preventive benefits covered by Medicare, call SHIP to request your copy of *Medicare Preventive Benefits* fact sheet.

You can track your Medicare benefits online.

Go to www.mymedicare.gov to track your preventive benefits. For assistance contact the Senior Health Insurance Information Program or SHIP at 1-800-351-4664.

SHIP is a resource for objective information and assistance on Medicare and related health insurance issues.

Contact SHIP if you have questions about:

- Medicare
- Medicare Supplement Insurance
- Medicare Advantage Plans
- Medicare Prescription Drug Plans
- Medicare and Health Insurance Claims
- Retiree and Military Health Insurance
- Medicare Savings Programs/Medicaid
- Long Term Care Insurance

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Call 1-800-351-4664 (TTY 1-800-735-2942) for the SHIP services in your area, or go to the website: www.therightcalliowa.gov