

“Welcome To Medicare Physical Exam”

September 2007



Medicare will cover a **one-time** preventive physical exam **within the first six 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 after you meet the yearly Part B deductible (\$131 for 2007). Since this exam may be your first Medicare-covered service, you could meet your entire Part B deductible for the year. 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 and vision test
5. An electrocardiogram (EKG)
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 SHIIP 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 SHIIP at 1-800-351-4664.

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

Contact SHIIP if you have questions about:

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

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.

Call **1-800-351-4664 (TTY 1-800-735-2942)** for the SHIIP services in your area, or check the SHIIP website: www.shiip.state.ia.us