



Medicare preventive benefits in 2019

Find services that help you maintain
your health

See how you can prevent or
detect illness at an early stage

**Benefits Counselors can explain the benefits and services.
Call 1-800-272-3921, Mon.-Fri., 8 a.m.-5 p.m.**

How does Medicare help with diabetes prevention?

- If you think you're at risk, ask your doctor to be tested for prediabetes.
- If you have prediabetes, Medicare may cover a health behavior change program that includes training to make lifestyle changes, tips on how to get more exercise, strategies for controlling your weight, and a lifestyle coach.

How does Medicare help with anxiety or depression?

- Medicare covers one depression screening per year to see if follow-up treatment or referral to another provider is recommended.
- If you experience anxiety or depression, Medicare may pay for a medical provider to help you manage the condition.

What other preventive benefits are covered?

- Medicare covers flu shots, pneumococcal pneumonia shots, bone mass measurements, glaucoma tests, cancer screenings, screening mammograms, and more.
- Medicare covers a Welcome to Medicare visit and yearly Wellness visits.



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