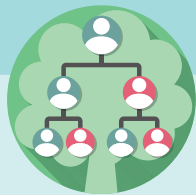


Wellness Wisdom:

Schedule Your Medicare Preventive Visits Every Year



MEDICARE COVERS TWO TYPES OF PREVENTIVE VISITS:

1) **The Welcome to Medicare Visit** and 2) **The Annual Wellness Visit.**

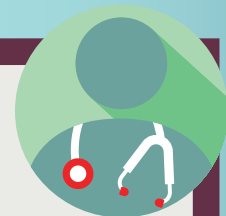
These preventive visits are not head-to-toe physicals, but they are a great opportunity to make sure you are up-to-date on important screenings and vaccines, talk with your health care professional about your family history, and make a plan to stay as healthy as possible for as long as possible. **These visits are recommended for everyone, whether you already have a chronic condition or are hoping to prevent one.**

Welcome to Medicare Visit

Medicare covers a one-time, initial examination known as the **“Welcome to Medicare” visit**. All people new to Medicare qualify for this preventive visit, so once you enroll in Medicare Part B, schedule your visit right away.

During the visit your health care professional will:

- Evaluate your medical and family history, health conditions, and medications
- Check your height, weight, blood pressure, body mass index, and other routine measurements
- Make sure you are up-to-date with preventive screenings and services, including recommended vaccines that can protect you and your loved ones
- Develop a personalized prevention plan and schedule
- Order further tests or screenings if needed





Annual Wellness Visit

Once you've had Medicare Part B for 12 months, Medicare covers a yearly visit to develop or update a personalized prevention plan. This plan is designed to help prevent disease and disability based on your current health and risk factors.

As part of each annual visit, your health care professional will ask you to fill out a short questionnaire, called a "Health Risk Assessment." Answering these questions can help get the most out of your visit, and develop a personalized prevention plan to help you stay healthy.

During the visit your health care professional will:

- Review your medical and family history
- Develop or update a list of current health care professionals, and prescriptions and over-the-counter medications
- Take height, weight, blood pressure, and other routine measurements
- Detect any cognitive impairment
- Give personalized health advice
- Develop a customized list of risk factors and treatment options
- Create a screening schedule for appropriate preventive services, including recommended vaccines
- Discuss advance care planning, with your permission

Your health care professional may also perform tests, administer vaccines, or conduct screenings during the same appointment or follow-up visits that are not a part of the Annual Wellness Visit.

Preventive Screenings

As part of your personalized prevention plan, your health care professional may recommend other services such as vaccines and tests like prostate cancer screening and yearly mammograms.



Visit www.medicare.gov/coverage/preventive-and-screening-services.html to see a full list of preventive services offered by Medicare.



Preparing for Your Visits

Bring the following items with you when you go to your "Welcome to Medicare" or "Annual Wellness" visit:

- Medical records, including vaccine records
- A list of prescription drugs, over-the-counter drugs, and supplements that you take regularly
- Family health history — try to learn as much as you can about your family's health history before your appointment
- Any other information that can help determine if you are at risk for certain diseases

Recommended Vaccines for Seniors

Vaccines are an important step in protecting your health and the health of your family. They are one of the best defenses against many infectious diseases and are especially important because people's immune systems decline with age making them more susceptible to the diseases and complications that the recommended vaccines protect against.



Recommended Vaccines for Adults Ages 65+*

Disease	Vaccine
Influenza (Flu)	● 1 dose every flu season**
Tetanus	● 1 Td booster every 10 years
Diphtheria	● 1 dose Tdap if you haven't had one as an adult (as one of your Td doses)
Pertussis (Whooping cough)	
Varicella (Chicken pox)	● 1 or 2 doses if haven't been vaccinated yet AND haven't had a past chicken pox or shingles infection
Varicella zoster (Shingles)	● 1 dose if haven't yet been vaccinated (previous infections are not relevant)
Pneumococcal (Pneumonia)	● 1 dose pneumococcal conjugate if haven't yet been vaccinated***
Pneumococcal (Pneumonia)	● 1 dose pneumococcal polysaccharide if haven't yet been vaccinated***

*If you qualify for Medicare and are younger than age 65, please visit www.cdc.gov/vaccines/schedules/downloads/adult/adult-schedule-easy-read.pdf to see what vaccines are recommended. **There are a number of flu vaccines so discuss which is best for you with your health care professional. ***Discuss the timing of the vaccinations with your health care professional.



People with certain risk factors due to health, job, or lifestyle that are not listed here may need additional vaccines including meningococcal (meningitis), hepatitis A, hepatitis B, and Hib (*Haemophilus influenzae* type b) vaccines.



If you are traveling outside of the U.S., you may need additional vaccines.



Ask your health care professional to report your vaccination to the state/local immunization registry to help track vaccine use in your community. Also, be sure to get your paperwork and have it sent to your primary health care professional to keep your records up-to-date.

Coverage of Services

Welcome to Medicare Visit — covered one-time under Part B with no co-insurance or deductible if your health care professional accepts Medicare.*

Annual Wellness Visit — covered annually under Part B with no co-insurance or deductible if your health care professional accepts Medicare.*

* *Other services/screenings may have additional charges that are subject to copays and deductibles. Some—such as routine hearing exams—are not covered under Medicare, so be sure to ask your health care professional ahead of time what your costs will be.*

Screenings — Medicare covers mammograms, prostate PSA tests, bone density measurements, and other age-appropriate preventive screenings, although it varies as to the percent of cost covered, how often tests are covered, and more. For additional information, visit www.medicare.gov/coverage/preventive-and-screening-services.html

Vaccines — Medicare Part B covers the below vaccines with no co-insurance or deductible if you see a health care professional who accepts Medicare:

- Flu vaccine — annual and others needed during a pandemic
- Pneumococcal vaccine — one dose of each of the two, provided at least a year apart
- Hepatitis B vaccine — for those at risk
- Additional vaccines may be covered for those who have been exposed to a virus or disease

Medicare Part D covers all available vaccines not covered by Part B including the shingles (herpes zoster) vaccine. While the Part D plan will pay for the vaccination, you should check with your plan to find out which health care professional can administer the vaccine. There may be a copay for vaccines covered under Medicare Part D plans.



1700 K Street, NW
Suite 740
Washington, DC 20006
202.293.2856

www.agingresearch.org

Alliance for Aging Research

@Aging_Research

Many thanks to our expert reviewers:

- **Paul A. Offit, MD**, Director, Vaccine Education Center, Children's Hospital of Philadelphia
- **Mitchel C. Rothholz, RPh, MBA**, Chief Strategy Officer, American Pharmacists Association
- **Nora Super**, Chief, Programs & Services, National Association of Area Agencies on Aging

© 2017 Alliance for Aging Research

Produced in partnership with:



advocacy | action | answers on aging

With support from:

