

STAYING HEALTHY

For everyone:

- Yearly flu shot
- Pneumonia shot at least once
- Cholesterol screening every five years

For women:

- Yearly mammogram and Pap smear

For men:

- Yearly prostate screening and digital rectal exam

For people with diabetes:

- HbA1c every six months
- Yearly dilated eye exam
- Yearly lipid (blood fat) screening

WHAT ARE THESE AND WHY MIGHT I NEED THEM?

Flu shot

The flu shot will help prevent severe flu. You should get a flu shot every year—preferably in October or November. **Medicare covers the flu shot with no deductible or coinsurance.**

Pneumonia shot

Getting the pneumonia shot will help prevent severe illness, hospital stays and death. **Medicare covers the**

pneumonia vaccine every five years with no deductible or coinsurance.

Mammogram

Early detection is a woman's best protection against breast cancer. A yearly mammogram is essential for women 40 and older. **Medicare covers mammograms every year (20 percent coinsurance applies).**

HbA1c (Hemoglobin A1c)

This blood test measures your blood sugar level for the past three to four months. You should have this test at least every six months if you have diabetes. **Medicare covers an HbA1c every six months.**

Dilated eye exam

The eye doctor will use eye drops to help see the back of your eye. Regular eye exams can help prevent blindness.

You should have this test at least once a year. **Medicare covers a dilated eye exam every year.**

Lipid (blood fat) screening

This test checks four kinds of fat in your blood. You should have this test at least once a year if you have diabetes. **Medicare covers a lipid profile every year.**

MEDICARE

YOUR PREVENTIVE
HEALTH CARE RECORD

Keep this card with your Medicare card

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Use a ballpoint pen or fine-tipped permanent marker to write.

Name _____

Doctor _____

Ask your doctor about the following tests listed on this page. These are recommended preventive health services, but **MAY NOT** be covered by Medicare Part B. Call 1-800-MEDICARE for more information about coverage.

EXAMS/TESTS		DATES/RESULTS	
Cholesterol screening (Every 5 years*)			
Prostate screening (Every year)			
Pap smear (Every year)			
Mammogram (Every year)			
Digital rectal exam (Every year)			
IMMUNIZATIONS			
Pneumonia shot			
Flu shot (Every year)			
Other _____			
IF YOU HAVE DIABETES			
HbA1c test (Every 6 mos.)			
Eye exam (Every year)			
Lipid (blood fat) screening (Every year)			
IF YOU HAVE HEART DISEASE			
Ask your doctor if you would benefit from any of these medications: ACE inhibitors Aspirin Beta-blockers			

* The U.S. Preventive Services Task Force recommends this exam/test; however, it is not covered by Medicare.

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