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.