

# Ask SHIP

May, 2018



LOCAL HELP FOR PEOPLE WITH MEDICARE

**Q: Does Medicare cover my routine annual exams? I have a history of breast cancer in my family, and I want to continue with my mammograms and other screenings.**

**A:** May is National Women's Health Week is observed May 14-10, 2018!

Let's take a look at ways Medicare covers preventive care especially for women!

## **Breast cancer screening (mammograms)**

Breast cancer is the most common non-skin cancer in women and the second leading cause of cancer death in women in the U. S. Medicare covers screening mammograms and digital technologies to check for breast cancer before you or a doctor may be able to find it manually.

Women 40 and older are eligible for a screening mammogram every 12 months. Medicare also covers one baseline mammogram for women between 35–39. Medicare covers mammograms once every 12 months. You pay nothing for the test if the doctor accepts assignment.

## **Cervical and vaginal cancer screening**

Medicare covers Pap tests and screening pelvic exams to check for cervical and vaginal cancers. As part of the pelvic exam, Medicare also covers a clinical breast exam to check for breast cancer.

Medicare covers these screening tests once every 24 months, or once every 12 months for women at high risk, and for women of child-bearing age who've had an exam that indicated cancer or other abnormalities in the past three years.

## **Cardiovascular Screenings**

Every five years, Medicare covers cardiovascular disease screenings that check your cholesterol and other blood fat (lipid) levels.

## **Cardiovascular Disease (Behavioral Therapy)**

Medicare covers one visit per year with your primary care doctor to help lower your risk for cardiovascular disease.

## **Bone mass measurements**

Medicare covers bone mass measurements to see if you're at risk for broken bones due to osteoporosis.

Bone mass measurements are covered for certain people with Medicare whose doctors say they're at risk for osteoporosis. It is covered once every 24 months (more often if medically necessary). You pay nothing for this test if the doctor accepts assignment.

## **Diabetes screening and self-management training**

Based on the results of your screening tests, you may be eligible for up to two diabetes screenings per year.

## **Diabetes self-management training**

This training is for people with diabetes to teach them to manage their condition and prevent complications. You must have a written order from a doctor or other health care provider. You pay 20% of the Medicare-approved amount after the yearly Part B deductible.

## **Obesity screening & counseling**

Medicare covers behavioral counseling sessions to help you lose weight. This counseling may be covered if you get it in a primary care setting (like a doctor's office). All people with Medicare Part B (Medical Insurance) who have a body mass index (BMI) of 30 or more are covered. You pay nothing for this service if your primary care doctor or other qualified primary care practitioner accepts assignment.

If you have questions about Medicare or your Medicare coverage, call SHIP at 1-800-452-4800, 1-866-846-0139 TDD or online at [www.medicare.in.gov](http://www.medicare.in.gov).

SHIP is a free, impartial counseling program provided by the Administration on Community Living and the Indiana State Department of Insurance.