



# Medicare Mini Beni Update

See your  
**Medicare and You**  
book for more information  
about these preventative  
services, just look for the  
blue apple!

KEEP TRACK OF YOUR  
PREVENTATIVE SERVICES  
go to  
[www.MyMedicare.gov](http://www.MyMedicare.gov)  
to track your preventive  
services

THESE SERVICES ARE  
COVERED IF YOU HAVE  
MEDICARE PART B  
MEDICAL INSURANCE



*Central Plains Area Agency on Aging*

Central Plains Area  
Agency on Aging  
2622 W. Central Ave.  
Suite 500  
Wichita, Ks 67203

Call Center: 855-200-2372  
[www.cpaaa.org](http://www.cpaaa.org)



## “Welcome to Medicare” Preventative Visit

### What is it?

Medicare covers a one-time preventive visit within the first 12 months that you have Medicare Part B. This visit is called the “Welcome to Medicare” preventive visit. The visit is a great way to get up-to-date on important screenings and shots and to talk with your doctor about your family history and how to stay healthy.

### How often is it covered?

This visit is only covered one time, and you must have the visit within the first 12 months you’re enrolled in Part B.

### Cost to you?

You pay nothing if your doctor accepts assignment.

### Why is it important

Depending on your general health and medical history, you’ll get advice, education, and counseling to help you prevent disease, improve your health, and stay well. You’ll also get a written plan (like a checklist) letting you know which screenings, shots, and other preventive services you need.

### What happens during the visit?

During the visit, your doctor will:

- ◇ Record your medical and social history
- ◇ Check your height, weight, and blood pressure.
- ◇ Calculate your body mass index.
- ◇ Give you a simple vision test.
- ◇ Review your potential risk for depression and your level of safety.
- ◇ Offer to talk with you about creating advance directives.

### What should I bring?

- ◇ Your medical records, including immunization records.
- ◇ Your family health history.
- ◇ A list of prescription and over-the-counter drugs that you currently take, how often you take them, and why.