



# 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)



## Yearly “Wellness” Visit What is it?

If you’ve had Part B for longer than 12 months, you can get a yearly “Wellness” visit to develop or update a personalized prevention plan based on your current health and risk factors. This includes:

- ◇ Health risk assessment (Your doctor or health professional will ask you to answer some questions before or during your visit, which is called a health risk assessment. Your responses to the questions will help you and your health professional get the most from your yearly “Wellness” visit.)
- ◇ Review of medical and family history.
- ◇ Develop or update a list of current providers and prescriptions.
- ◇ Height, weight, blood pressure, and other routine measurements.
- ◇ Detection of any cognitive impairment.
- ◇ Personalized health advice.
- ◇ A list of risk factors and treatment options for you.
- ◇ A screening schedule (like a checklist) for appropriate preventive services.

## How often is it covered?

Once every 12 months.

## Cost to You?

You pay nothing for this visit if your doctor accepts assignment

## More information

You don’t need to have had a “Welcome to Medicare” preventive visit before getting a yearly “Wellness” visit. If you do get the “Welcome to Medicare” preventive visit during your first year with Part B, you’ll have to wait 12 months before you can get your first yearly “Wellness” visit.