

2013 Resolutions – Help Your Patients Live a Healthier Life in 2013

The New Year is quickly approaching, and the turn of the calendar typically marks another arbitrary date when many people promise to change and make improvements in their health. Relatively few people, however, actually stick to their resolutions and accomplish their goals.

CMS Needs Your Help

Now is the perfect time to remind your patients that Medicare covers a broad range of preventive services and screenings that can help beneficiaries prevent, detect, or manage their illness and disease and promote a healthy lifestyle.

Preventive Services and Screenings Covered by Medicare:

- Abdominal Aortic Aneurysm Screening
- Alcohol Misuse Screening and Behavioral Counseling Interventions in Primary Care
- Annual Wellness Visit
- Bone Mass Measurements
- Mammograms
- Cardiovascular Disease Screening
- Cervical and Vaginal Cancer Screenings
 - Pap Test
 - Pelvic Exam (includes clinical breast exam)
- Colorectal Cancer Screenings
 - Screening Fecal Occult Blood Test
 - Screening Flexible Sigmoidoscopy
 - Screening Colonoscopy
 - Screening Barium Enema
- Diabetes Screening
- Diabetes Self-Management Training
- Glaucoma Screening
- Human Immunodeficiency Virus (HIV) Screening
- Immunizations (Seasonal flu, pneumococcal, and hepatitis B)
- Initial Preventive Physical Examination (IPPE) (also commonly referred to as the “Welcome to Medicare” Preventive Visit)
- Intensive Behavioral Therapy for Cardiovascular Disease
- Intensive Behavioral Therapy for Obesity
- Medical Nutrition Therapy (for beneficiaries with diabetes or renal disease)
- Prostate Cancer Screening (PSA blood test and Digital Rectal Exam)
- Screening for Depression in Adults
- Screening for Sexually Transmitted Infections (STIs) and High-Intensity Behavioral Counseling (HIBC) to prevent STIs
- Tobacco-Use Cessation Counseling

Schedule Your Eligible Medicare Patients for an Annual Wellness Visit Today

This visit presents an excellent opportunity for you to talk with your Medicare patients about their health and recommend preventive services and screenings they should take advantage of. Remember to provide the appropriate documentation for your recommendations and don't forget to follow-up with patients on all screening results.

For More Information, Visit:

- The [CMS Medicare Learning Network® \(MLN\) Preventive Services](#) web page for provider resources including coverage, coding and billing information.
- [Medicare.gov Preventive and Screening Services](#) web page for beneficiary resources.