

Covered Preventive Services for Medicare Beneficiaries, June 2014

US Preventive Services Task Force (USPSTF)* recommendations footnoted if different than Medicare coverage

Service	Indication	Frequency
Screenings		
Abdominal Aortic Aneurysm (AAA) screening	Men aged 65-75 who have ever smoked	Once
Alcohol misuse screening	All	Annual
Bone Mass Measurement (Osteoporosis screening)	Women at risk for osteoporosis and anybody with vertebral abnormalities, receiving corticosteroids for more than 3 months, primary hyperparathyroidism, or as follow-up to osteoporosis therapy ¹	Every 2 years , more frequently if medically necessary
Breast Cancer (mammography)	All women \geq 35 years old ²	Aged 35 – 39: one baseline ² Aged 40 and older: annual ²
Cardiovascular screening blood tests (lipid panel)	All without apparent signs/symptoms of CVD ³	Every 5 years
Cervical Cancer screening (Pap test and pelvic)	All women ⁴	Covered every 2 years ⁴
Colorectal Cancer screening	All aged \geq 50 ⁵	Fecal Occult Blood Test (FOBT): annual Flexible sigmoidoscopy or barium enema: every 4 years Colonoscopy: every 10 years
Depression screening	All	Annual
Diabetes screening	Adults with blood pressure > 135/80 if not diagnosed with diabetes	Pre-diabetics: twice a year Non-diabetics: once a year
Glaucoma screening	Diabetes, family history of glaucoma, African Americans aged \geq 50, Hispanic Americans aged \geq 65 ⁶	Annual
HCV screening	All those born between 1945 - 1965	Once
HIV screening	All at increased risk of HIV ⁷	Annually for those at risk
Prostate cancer screening	All males aged \geq 50 ⁸	Annual
STI screening and High Intensity Behavioral Counseling (HIBC) to prevent STIs	All sexually active and at high risk for STIs	Annual for men (syphilis screen only) and women (Chlamydia, gonorrhea and syphilis screen)

*The USPSTF performs comprehensive reviews of the evidence basis for various preventive services and makes recommendations for their use. Whereas Medicare covers most of the services that the USPSTF gives an A or B recommendation to, the indications listed by Medicare may be different than those recommended by the USPSTF; see footnotes. For further information, please see the full USPSTF recommendations at <http://www.uspreventiveservicestaskforce.org/recommendations.htm>

Service	Indication	Frequency
Counseling/Behavioral interventions		
Behavioral counseling for alcohol misuse	Those identified as misusing alcohol but not alcohol dependent	Up to four face-to-face behavioral counseling sessions per year
Counseling to prevent/stop tobacco use	All who use tobacco	Two cessation attempts per year (each includes a maximum of four intermediate or intensive sessions, for a maximum of 8 per year)
Diabetes Self-Management Training (DSMT)	All with diabetes	First year: up to 10 hours Subsequent years: up to 2 hours
Intensive Behavioral Therapy (IBT) for cardiovascular disease (CVD)	Men aged 45-79 and women aged 55-79 assess risk/benefits of aspirin for primary of CVD, or any adult with hyperlipidemia, hypertension, advancing age or other risk factor for CVD	Individual face-to-face, two 15 min sessions per year
IBT for Obesity	BMI \geq 30	First month: one visit per week Month 2-6: one visit every other week Month 7-12: one visit per month
Medical Nutrition Therapy (MNT)	Diabetes, renal disease or renal transplant	First year: 3 hours Subsequent years: 2 hours
Vaccinations		
Hepatitis B vaccination	All at intermediate or high risk of contracting Hepatitis B	Once (3 doses)
Influenza (flu) vaccination	All	Once per flu season
Pneumococcal vaccination	All \geq 65; younger with certain high risk conditions	One dose

Footnotes:

1. Osteoporosis: USPSTF recommends routine screening only for women \geq 65, women 60-64 at increased risk
2. Breast Cancer: USPSTF recommends routine biennial mammograms only for those aged 50-74
3. Lipid panel: USPSTF recommends routine for men \geq 35, and if at increased risk of CHD, men 20-35 and women \geq 20
4. Cervical cancer screening: USPSTF recommends pap smears only for those aged 21- 65; current recommendations for frequency are every 3 yrs for ages 21-30, every 3-5 years for ages 30 – 65
5. Colorectal cancer screening: USPSTF recommends only for those aged 50-75
6. Glaucoma screening: USPSTF recommends that not routinely indicated
7. HIV screening: USPSTF recommends at least one test for all aged 15-65, regardless of risk, and older adults at risk
8. Prostate cancer screening: USPSTF recommends that not routinely indicated

For more information on covered services and CPT codes, see table on website:

http://www.cms.gov/Medicare/Prevention/PrevntionGenInfo/downloads/MPS_QuickReferenceChart_1.pdf