Staying Healthy with  
Medicare: Wellness and  
Preventative Benefits

At its core, your healthcare isn't solely about managing and treating ailments—it's about taking proactive steps to improve your health through wellness care and prevention. Medicare embraces this philosophy and has built it into its plan options by including wellness and preventative care benefits. Here we'll walk you through the wellness and preventive benefits within Medicare Part B. If your enrolled in a Medicare Advantage Plan, your plan must give you at least the same coverage as Original Medicare, but note that some of these services might only be covered in certain facilities or for certain conditions.

1. **Annual wellness visits:** Medicare beneficiaries are entitled to an annual wellness visit with their primary care provider. This visit isn't your typical physical exam—it's an opportunity to create or update a personalized prevention plan based on your current health and risk factors. This meeting can pave the way for a year of health-conscious decisions.

1. **Screenings:** Screenings are essential in detecting potential health concerns before they become serious problems. Medicare covers a wide range of health screenings, including but not limited to:

**⁃ Cardiovascular screenings:**Evaluate heart disease risk by checking cholesterol, lipid, and triglyceride levels.  
  
**⁃ Cancer screenings:**Tests like mammograms, pap tests, colorectal screenings, and more that aim at early detection of certain cancers.  
  
**⁃ Bone mass measurements:**Essential for assessing the risk of fractures and bone health, especially for postmenopausal women.  
  
**⁃ Diabetes screenings:**For those at risk, testing blood sugar levels can be pivotal in early diagnosis and management.

1. **Vaccinations:** Prevention is as much about avoiding illness and disease as it is about early detection. Medicare covers essential vaccines like flu shots, pneumococcal shots, and Hepatitis B shots, ensuring you're safeguarded against common ailments.

1. **Counseling and lifestyle support:** Your mental well-being is as important as your physical health. Medicare offers counseling sessions for various needs, including quitting smoking, managing depression, and addressing alcohol misuse. These sessions are geared towards not just treating existing problems, but holistically improving lifestyle choices.

1. **Additional services:** Other benefits Medicare covers include:  
     
   **⁃ Glaucoma tests:**For those at high risk, ensuring early detection.  
     
   **⁃ Medical nutrition therapy:**For individuals with diabetes or renal disease, helping them to make dietary choices that can improve their condition.

Medicare is designed to promote wellness with preventative measures like tests and screenings. As you weigh your Medicare plan options and costs, wellness and prevention should always be at the center of your plan for a healthy retirement.