

IU Health Plans wants to help you **take advantage of the health screenings** covered by Medicare.

My preventive-health checklist – Use the checklist below to track preventive services, and remember to talk with your doctor about getting these important screenings. Take this chart along with you to your next doctor's appointment.

All patients

<input checked="" type="checkbox"/>	Service	Date completed	How often do I need this service?
<input type="checkbox"/>	Annual flu shot (everyone)		Medicare will cover once each year.
<input type="checkbox"/>	Pneumonia vaccine (everyone 65+)		Once in your lifetime, but confirm with your doctor
<input type="checkbox"/>	Glaucoma test (those at risk for glaucoma)		Medicare will cover once each year if your doctor says you are at risk.
<input type="checkbox"/>	Mammogram (women age 40+)		Medicare will cover this once every 12 months.
<input type="checkbox"/>	Colorectal cancer screening (everyone ages 50 - 75)		Medicare will cover the appropriate screening method as determined by your doctor.
<input type="checkbox"/>	Bone density screening (those at increased risk)		Medicare will cover this once every two years.
<input type="checkbox"/>	Annual doctor visit (everyone)		Medicare will cover one preventive visit each year.
<input type="checkbox"/>	Cardiovascular screening (everyone)		Medicare will cover once every five years and more frequently if medically necessary.
<input type="checkbox"/>	Cervical cancer screening (not at risk)		Medicare will cover this once every two years.



Health Plans

800.455.9776
(TTY: 800.743.3333, Relay Indiana)
Monday – Friday, 8 am – 8 pm
iuhealthplans.org

Indiana University Health Plans is a Medicare Advantage organization with a Medicare contract. Enrollment in Indiana University Health Plans depends on contract renewal. Other pharmacies/physicians/providers are available in our network. Product types include HMO and HMO POS.

For patients with diabetes

<input checked="" type="checkbox"/>	Service	Date completed	How often do I need this service?
<input type="checkbox"/>	Hemoglobin A1c		At least once each year
<input type="checkbox"/>	Dilated eye exam		At least once each year
<input type="checkbox"/>	Kidney screening		At least once each year
<input type="checkbox"/>	Blood pressure check		At least once each year
<input type="checkbox"/>	Fasting blood glucose		At least once each year
<input type="checkbox"/>	Medical nutrition therapy		Medicare will cover three hours of one-on-one counseling services the first year, if recommended by your doctor.

For patients with heart disease or high blood pressure

<input checked="" type="checkbox"/>	Service	Date completed	How often do I need this service?
<input type="checkbox"/>	Hemoglobin A1c		At least once each year
<input type="checkbox"/>	Cholesterol		At least once each year
<input type="checkbox"/>	Blood pressure check		At least once each year

You can only achieve good health and well-being through a conscious choice to pursue a healthy lifestyle. Getting a preventive health screening is the first step to understanding your risk factors. You may use the chart below to understand other lab tests that may be ordered. Know your numbers and understand the desirable ranges. Take time to review your results. If you have any questions, discuss them with your personal physician.

Lab test reference chart

Test	Desirable range	At risk
A1c	Less than 5.7%	5.7% and above
Glucose	70 - 99	100 and above
Total cholesterol	Less than 200	200 and above
Triglycerides	Less than 150	151 and above

