

## Preventive Care Guidelines for ages 65+

Schedule an Annual Wellness Visit or your Welcome to Medicare Preventive Visit with your doctor to discuss preventive screenings and the flu vaccine. **Before you go, make sure that your Medicare plan benefits cover these services.**

### Routine Health Guide

Annual Wellness and Routine Checkup	Annually
Welcome to Medicare Preventive Visit	Once per lifetime, within 12 months of first having Medicare Part B coverage
Obesity Screening: Diet/Physical Activity/BMI Counseling	Annually
Vision Exam, Glaucoma Screening and Dental Exam	Annually

### Recommended Diagnostic Checkups & Screenings for At-Risk Patients

Abdominal Aortic Aneurysm (AAA) Check	One-time screening in a lifetime: Discuss with your doctor**
Lung Cancer Screening and Counseling	Annually for ages 55–80; with a 30-pack per year smoker history, current smoker or those who have quit smoking within the past 15 years
High Blood Pressure (hypertension)	Annually
Diabetic Screening, Blood Sugar, Hemoglobin A1C, Retinal Eye Exam, Kidney Function, Blood Pressure	Annually
Osteoporosis	Every 24 months or more often if medically necessary, discuss with your doctor
Colorectal Cancer Screening and Counseling*	Ages 50–75; Screening Colonoscopy every 10 years, FOBT (Fecal occult blood test) every year or FIT-DNA every 2 years, CT colonography every 5 years or Sigmoidoscopy every 5 years
HIV and other Sexually Transmitted Infections (STIs) Screening & Counseling	Annually; discuss with your doctor
Cholesterol Screening	Once every 5 years; more frequently if at risk; discuss with your doctor.
Prostate Cancer Screening (Men only)	Discuss with your doctor
Mammogram (Women only)	Once every 5 years; more frequently if at risk; discuss with your doctor
Pap Test/Pelvic Exam (Women only)	Once every 5 years; more frequently if at risk; discuss with your doctor
Skin Cancer Screening. Early detection of cutaneous melanoma, basal cell cancer, or squamous cell skin cancer in the adult general population.	Discuss with your doctor
Hearing Test	Discuss with your doctor

## Guidance

Screen/Counseling: Depression, Obesity, Tobacco, Alcohol and Substance Abuse	Every visit, or as indicated by your doctor
Fall Risk/Unintentional Injury/Domestic Violence Prevention/Urinary Problems	Every visit, or as indicated by your doctor
Medication List (including over-the-counter & vitamins) for potential interactions	Every visit, or as indicated by your doctor
Advance Directives: Living Will	Annually, discuss with your doctor

## Immunizations (Routine Recommendations)

Tetanus, Diphtheria, Pertussis (Td/Tdap)	Tdap vaccine once, then a Td booster every 10 years
Flu (Influenza)	Annually
Pneumococcal – PCV13 and PPSV23	Ages 65+: 1-2 doses; discuss with your doctor
Shingles (Zoster)	Ages 60+: 1 dose
Hepatitis B, Hepatitis C Virus (HCV) Infection Screening and Varicella (Chickenpox)	Discuss with your doctor

### We're here to help:

**Call** the number on the back of your ID card to speak to a Member Services representative.

**Visit** a Florida Blue Center, find a location near you at [FloridaBlueCenters.com](http://FloridaBlueCenters.com) or call 1-877-352-5830.

\* Florida Blue Medicare plans cover Routine Preventive Colonoscopy. Refer to Prevention & Wellness Benefits.

\*\* Medicare will pay for a one-time preventive ultrasound screening for those who are at-risk.

The guidelines above are recommendations by the organizations listed below and were not developed by Florida Blue.

Sources: [www.ahrq.gov](http://www.ahrq.gov); [www.medicare.gov](http://www.medicare.gov); [www.cdc.gov](http://www.cdc.gov); [www.uspreventiveservicestaskforce.org](http://www.uspreventiveservicestaskforce.org)

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