

## Checklist for your Medicare Preventive Benefits

- ◇ Abdominal Aortic Aneurysm Screening
- ◇ Bone Mass Measurement (once each 2 years, more if medically necessary)
- ◇ Pneumococcal Shots (once per year)
- ◇ Mammogram Screening (once per year)
- ◇ Lung Cancer Screening (once per year)
- ◇ Welcome to Medicare Preventive Visit (once within 12 months of Medicare enrollment)
- ◇ Yearly “Wellness” visit (once each 12 months)
- ◇ Prostate Cancer Screening (once in 12 months for men over 50)
- ◇ Flu Shot (once per year)
- ◇ Diabetes Screening (up to 2 screenings per year)
- ◇ Cardiovascular Disease Screenings (once each 5 years)
- ◇ Cardiovascular Disease—Behavioral Therapy (once per year)
- ◇ Prostate Cancer Screening (once each 12 months after age 50)
- ◇ Any many more.

**CALL HICAP – HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM**

**800-434-0222 / 530-223-0999**



### ABOUT HICAP

The Health Insurance Counseling & Advocacy Program is a state sponsored volunteer-supported program that provides free counseling to people with Medicare about their benefits, rights, and options and other health insurance related questions.

HICAP provides free, unbiased information to help you make an informed decision of your individual health care needs.

The California Department of Aging (CDA) provides funding and oversight of the program through contracts with local Area Agencies on Aging (AAA) offices that administer the local HICAP programs.

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## PSA 2 HICAP SERVICES

1647 HARTNELL AVENUE, SUITE 8  
REDDING, CA 96002

*Helping You Navigate Medicare*

**Are you using  
your Medicare  
Preventive  
Benefits?**



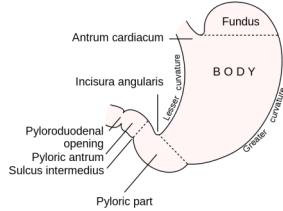
**Serving the Counties of  
Shasta, Lassen, Modoc, Trinity  
and Siskiyou**

**800-434-0222 / 530-223-0999**

## Are you using your Medicare Preventive Benefits?

### Abdominal Aortic Aneurysm Screenings:

Medicare will pay for ultrasound screenings if you are at risk; You pay nothing for the screening if your doctor accepts Medicare assignment.



### Acupuncture:

Medicare covers up to 12 acupuncture treatments within 90 days for chronic low back pain. NO cost to you with a Medicare contracted provider!

### Bone Mass Measurement:

Are you at risk for Osteoporosis? Medicare pays for the test. You pay nothing as long as your doctor accepts Medicare Assignment.

### Cardiovascular Behavioral Therapy:



Medicare covers the therapy visit one time each year with your primary care physician. You pay nothing as long as your provider accepts Medicare assignment.

### Cervical and Vaginal Cancer Screenings:

Medicare covers PAP tests and pelvic exams to check for cancer. Medicare also

covers Mammograms to check for breast cancer. NO cost to you for these tests!

### Counseling to prevent/stop



### tobacco use:

Medicare covers eight face to face visits within a year. You pay nothing if your doctor is contracted with Medicare!

### Diabetes screenings and self management training:

Medicare covers glucose testing for diabetes and covers the meters that measure blood sugar and related supplies. Medications are covered with your Medicare Rx plan.



#### Mission Statement

To provide Medicare beneficiaries and interested persons, professional and quality information and resources through individual counseling, community education and advocacy services.





## Are you living on a fixed income?

Medicare premiums increase every year. The Medicare Savings Program will pay the Medicare Part A and/or B premium, the Medicare copays and deductibles for you. If you have not worked the 40 quarters required for free premium Part A, this program will pay it for you, if you are eligible.



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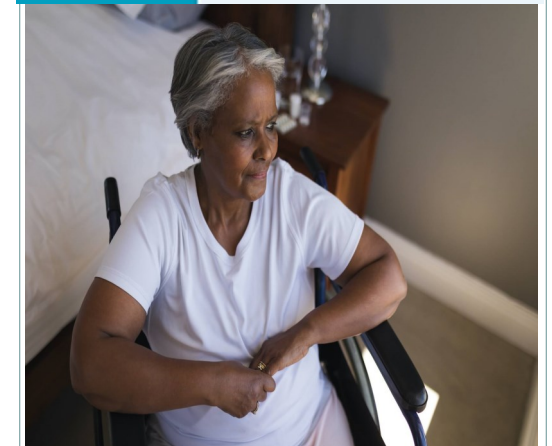
Navigating Medicare

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Learn How to Lower Your Rx Costs  
[Read now >](#)



## Health Insurance Counseling Advocacy Program (HICAP)

**We Can Help!**

**1-800-434-0222 / 530-223-0999**

HICAP Serves Shasta, Lassen, Siskiyou, Trinity, Modoc Counties.



**MEDICARE COVERAGE FOR PREVENTIVE CARE SERVICES**

**Are You Up-To-Date on Your Preventive Services?**

- ◇ One time “Welcome to Medicare” Preventive Visit-within the first 12 months you have Medicare Part B (Medical Insurance).
- ◇ Yearly “Wellness” Visit-get this visit 12 months after your “Welcome to Medicare” preventive visit or 12 months after your Part B effective date.
- ◇ Refer to your Medicare & You booklet for a list of preventive services.

Take advantage of your Preventive Services. Covered under Medicare Part B. If you have a medical provider who is contracted with Medicare, your preventive services are typically covered at 100%.

**Extra Help**  
Low Income Subsidy  
**Do You Qualify?**

**\$5,000**

## Medicare Savings Program Eligibility Criteria

### Income and Assets

Income	Resources*
\$1,715 month (single)	Asset Limit Eliminated
\$2,320 month (couple)	Asset Limit Eliminated

\*Resources are things like savings and retirement accounts. They do not include your car, home, or household goods

## Extra Help Program Eligibility

Income	Resources*
\$1,823 month	\$16,660
\$2,465 month (couple)	\$33,240

## CAN'T AFFORD YOUR MEDICATION COSTS?

Social Security has a program that will help with prescription costs, paying all or part of the drug plan premium and medication costs at the pharmacy. The Extra Help Program is there to help Medicare beneficiaries! HICAP can help enroll you.



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