

W E L C O M E T O M E D I C A R E V I S I T

Patient Checklist

Preventive service*	Needed	Last received	Up-to-date	Plan for obtaining service
Hepatitis B series	[] Yes [] No		[] Yes [] No	
Influenza vaccination	[] Yes [] No		[] Yes [] No	
Pneumococcal vaccination	[] Yes [] No		[] Yes [] No	
Bone mass measurement	[] Yes [] No		[] Yes [] No	
Cardiovascular screening blood tests (total cholesterol, HDL, triglyceride)	[] Yes [] No		[] Yes [] No	
Diabetes screening tests (fasting glucose, post-glucose challenge test)	[] Yes [] No		[] Yes [] No	
Diabetes self-management training	[] Yes [] No		[] Yes [] No	
Colorectal cancer screening tests (fetal occult blood test, flexible sigmoidoscopy, colonoscopy, barium enema)	[] Yes [] No	FOBT: Flex sig: Colonoscopy: Barium enema:	[] Yes [] No	
Prostate cancer screening tests (DRE or PSA) measurement	[] Yes [] No		[] Yes [] No	
Screening mammography	[] Yes [] No		[] Yes [] No	
Screening pap smear and pelvic examinations	[] Yes [] No		[] Yes [] No	
Screening for glaucoma	[] Yes [] No		[] Yes [] No	

*See reverse for definitions



Partnership For Prevention™



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Medicare covers all the services on this page. Some of these services require you to pay part of the cost. Others require no payment from you. For more detailed information about coverage, call 1-800-MEDICARE or visit www.medicare.gov for the booklet “Your Medicare Benefits.”

A brief description of each service follows. Talk to your doctor for more information about what services you need and how often you need them. A nurse practitioner, Physicians Assistant or clinical nurse specialist are also qualified to discuss these services with you.

The **hepatitis B** vaccination is a series of 3 shots for people at-risk for hepatitis B. Ask your doctor if you qualify.

Influenza (flu) vaccination shots are recommended every year for adults age 50 and older. Younger adults with certain medical conditions such as heart disease, lung disease and HIV infection should also get the flu shot.

Pneumococcal vaccination shots are recommended once at age 65. Younger adults with certain medical conditions such as heart disease, diabetes, lung disease, and HIV infection should also get the pneumococcal shot.

Bone mass measurements are taken in order to identify bone mass, detect bone loss, or determine quality. Your doctor can help you decide what type of test is best for you and how often you need it.

Cardiovascular screening blood tests are blood tests recommended every 5 years to measure total cholesterol, high-density lipoprotein (HDL) cholesterol, and triglycerides.

Diabetes screening tests are recommended for people at increased risk of diabetes. Talk to your doctor to see if you qualify. A fasting glucose test measures the level of sugar (glucose) in the blood after an 8-hour fast. During a post-glucose challenge test, a blood sample is taken some time after the patient drinks a bottle of sugar solution. For people with diabetes, **diabetes self-management training** helps you learn how to manage your diabetes successfully. Classes are taught by health care providers who have special training in diabetes education.

During a **mammogram**, a radiologist compresses the breasts between plastic plates while taking X-rays of the breast tissue. Mammograms are recommended every year for women 40 and older to detect breast cancer.

During a **pelvic exam**, the doctor inserts a speculum into the vagina to see the inner walls of the vagina and cervix. While the speculum is in the vagina, the doctor removes cells from the cervix. This is called a **Pap smear** to check for cervical cancer. Women should get a Pap smear every 2 years. Women over age 65 who have had normal Pap smears no longer need them.

A **digital rectal exam (DRE) or prostate-specific antigen (PSA)** test is a screening test for prostate cancer. In the DRE, the doctor inserts a finger into the rectum to feel the prostate. The PSA is a blood test that measures the amount of a specific protein secreted by the prostate gland. Men age 50 and older should discuss these tests with their doctors.

Colorectal cancer screening tests include fecal occult blood tests, flexible sigmoidoscopy, colonoscopy, and barium enema. With help from a doctor, all adults age 50 and older should choose from among these tests to prevent colorectal cancer.

In a **fecal occult blood test or FOBT**, the stool is tested for the presence of blood that can only be detected through chemical testing.

With **flexible sigmoidoscopy**, a doctor tests the lower portion of the colon by inserting a thin, flexible tube called a sigmoidoscope into the rectum.

During a **colonoscopy** a doctor examines the entire length of the colon using a thin, flexible colonoscope inserted into the rectum.

With a **barium enema**, a liquid called barium is injected into a soft, flexible tube inserted into the rectum. X-rays follow the flow of the barium in the colon.

Glaucoma is caused by high pressure in the eye. This pressure can cause loss of sight. Screening for glaucoma measures the pressure. African Americans age 50 and older, people with diabetes, or a family history of glaucoma should get an eye exam every 12 months.