






# What are "Counseling and Education" Preventive Services?

-  Services Covered by Medicare Part B
-  Services can include mental health screenings, nutrition education, and counseling

# Why should I participate in Counseling and Education?

-  They are available to you at no or low cost
-  Provides helpful screenings for managing alcohol and tobacco
-  Receive counseling and education to better manage late-life illness

**"Prevention is so much better than healing because it saves the labor of being sick."**  
 - Thomas Adams

**CMS: Your Guide to Medicare Preventive Services**



<https://qrco.de/bctzTI>

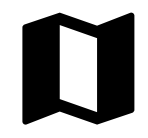
# MEDICARE SAVES LIVES PART B AND PREVENTS ILLNESSES!





FOR MORE INFORMATION AND/OR ASSISTANCE WITH YOUR MEDICARE PART B PLAN:

GO ONLINE TO: [WWW.ALABAMAAGELINE.GOV](http://WWW.ALABAMAAGELINE.GOV) OR CALL: 1-800-AGE-LINE

[WWW.CMS.GOV](http://WWW.CMS.GOV) 1-800-243-5463

[HTTPS://ONEDOOR.ALABAMA.GOV/](https://ONEDOOR.ALABAMA.GOV/)

 Check out our other brochures listed below on [www.alpharmacycares.org](http://www.alpharmacycares.org).

-  Covered Preventive Services
  -  Covered Annual Preventive Services
  -  Covered Biennial & Less Often Preventive Services
  -  Navigating MyMedicare and Open Enrollment
- Version Date: 2/23/23

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# MEDICARE PART B YOUR GUIDE TO: COVERED COUNSELING & EDUCATION



[WWW.ALPHARMACYCARES.ORG](http://WWW.ALPHARMACYCARES.ORG)

## Bring this tool to your Primary Care Provider to find out what services you may qualify for!\*

### Alcohol Misuse Screening and Counseling

Adults who use alcohol, but don't meet the medical criteria for alcohol dependency

### Cardiovascular Disease Behavior Therapy

Everyone

### Depression Screening

Everyone

### Diabetes Self-Management Training

Been diagnosed with diabetes

### Medical Nutrition Therapy

Have diabetes or kidney (renal) disease **AND/OR**

Had a kidney transplant in the last 36 months

### Medicare Diabetes Prevention Program

Have Medicare Part B **AND**

Have abnormal hemoglobin A1c test, fasting plasma glucose, or 2-hour plasma glucose **AND**

Have a BMI of 25 or more (>23 if Asian) **AND**

Never been diagnosed with type 1 or type 2 diabetes **AND**

Never participated in Medicare Diabetes Prevention Program

### Obesity Screening and Counseling

**Screening covered** for all people

**Counseling covered** if found to have a BMI of 30 or more

### Sexually Transmitted Infection Counseling

Sexually active adults at increased risk for sexually transmitted infections

### Smoking & Tobacco Use Cessation Counseling

People who use tobacco

## Why are these Preventive Services important to get?

### Alcohol Misuse Screening and Counseling

Lengthy alcohol use can lead to some kinds of cancers and worsen other common health conditions

### Cardiovascular Disease Behavior Therapy

Heart disease can be a major cause of disability in older adults

### Depression Screening

Clinical depression is common in older adults, especially following periods of social isolation

### Diabetes Self-Management Training

Over 1/3 of adults over 65 have diabetes and are at increased risk of diabetes-related complications

### Medical Nutrition Therapy

Can reduce disease risk, slow disease progression, and reduce symptoms

### Medicare Diabetes Prevention Program

Over 1/3 of adults over 65 have diabetes and are at increased risk of diabetes-related complications

### Obesity Screening and Counseling

Obesity can increase the severity of disease symptoms and disabilities

### Sexually Transmitted Infection Counseling

S.T.I. rates in older adults have nearly doubled in the past decade

### Smoking & Tobacco Use Cessation Counseling

Quitting smoking can add years to your life, lower risk of illness, and save money

## What are the services and how much do they cost to beneficiaries?

| Service   | Cost to Members |
|---|-----------------|
| One screening and up to 4 counseling sessions per year                                    | Pay Nothing     |
| Annual risk reduction visit   | Pay Nothing     |
| One depression screening per year   | Pay Nothing     |
| Training to manage condition and prevent complications                                    | Pay 20%         |
| Nutrition and lifestyle assessment and one-on-one nutritional counseling                  | Pay Nothing     |
| 16 group sessions over 6 months; 6 months of follow-up; 12 months of maintenance sessions | Pay Nothing     |
| Intensive behavioral therapy to help lose weight  | Pay Nothing     |
| 2 behavioral counseling sessions each year  | Pay Nothing     |
| Up to 8 face-to-face visits per year  | Pay Nothing     |

\*For more information, you can refer to your MyMedicare.gov account

**CMS: Preventive Services Interactive Chart**

<https://qrco.de/bctytz>

