

C.A.R.E.S. Pharmacy Network Newsletter

Issue 18

Medicare Preventive Services

Many preventive services
have 100% Medicare
coverage.



Please visit the C.A.R.E.S. Pharmacy Network webpage at:
<https://alpharmacycares.org/>

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We thank you for referring patients to us for thorough benefit screening. If you need more referral cards and/or pre-stamped envelopes, please let us know!

For our continuing education (CE) programs, pharmacists and technicians can complete this at <https://www.alpharmacycares.org/continuing-education-program>

Salisa Westrick, PhD
Sterling Professor
Health Outcomes Research and Policy



Welcome C.A.R.E.S. Pharmacy Network members, we hope you are all well as we enter in the Spring and Summer!

With (hopefully!) much of the COVID-19 pandemic behind the world, we would like to thank you all for your continued efforts in keeping your local communities healthy! We have heard from many health providers about their struggles during the pandemic, but

also about the rewarding experiences and changes that have been brought to healthcare as a result!

In this issue, we discuss the many preventive services and screenings that are available and offered to Medicare members. Since there are many Medicare-covered preventive services, in this issue we will highlight common preventive services you may be interest in recommending to Medicare beneficiaries. Additionally, we also touch on scammers utilizing Medicare fraud, commonly against older adults, during the COVID-19 pandemic period and how to recognize, prevent, and report it.

To keep you informed on the most up-to-date information. we provide regular updates on our blog about Medicare, COVID-19, and other healthcare trends on our website:

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Medicare Preventive Services

Nick McCormick, Research Staff

Medicare plans offer, and often cover at no cost, a wide swath of services with the express goal to prevent illness, ameliorate chronic illness, and achieve more healthy lifestyles and outcomes in plan members. With preventive services, plan members are able to proactively combat illnesses that are common throughout the lifespan, especially in later adulthood, by catching illness early — or avoiding illness altogether — and implementing effective treatment. The preventive services offered, and covered, by Medicare vary and include such wonderful resources as: physical examinations, immunizations, lab tests, and other health screenings. Outside of preventive services, there are also covered programs and information available to members that aid with health monitoring and education for more independence and control over one's own health.

With so many services offered by Medicare, it can be rather confusing which services are recommended, and covered, depending upon various risk factors, such as previous health history, age, and gender, as well as the time between when that preventive service was last utilized. We will detail some of the most common services that are utilized and the risk factors associated with them indicating potential monetary coverage. First, we will identify common services that can be utilized more than once while beneficiaries are covered under Medicare Part B, often annually, depending upon health history and risk factors. Next, we will identify services that are covered less often, such as once every 24 months, and are geared toward more specific risk factors, chronic illnesses, and health outcomes. And, finally, we will cover other services, such as varied counseling services and health education programs, that are available for Medicare plan members to better inform themselves about their health and improve health outcomes.

Medicare beneficiaries are eligible for many annual screenings that seek to prevent and catch the onset of illness and monitor chronic diseases common to older adults. Those who are at risk for diabetes and glaucoma can be screened yearly at no charge under Medicare.

(Cont.) Additionally, there are tests and screenings for common diseases specific to both men and women, with men over the age 50 eligible for two prostate cancer screenings per year, with PSA tests fully covered and digital rectal exams covered at a cost of 20% of the Medicare approved amount following meeting one's yearly Part B deductible. Women 40 and older are able to participate in breast cancer screenings once per year, as well, at no cost to the beneficiary. Other Medicare covered preventive services available to members annually, pending some health history requirements and related risk factors, are: HIV screening, sexually transmitted infection screenings, Hepatitis B immunization. Pneumococcal immunizations and annual obesity screening and influenza and COVID-19 immunizations are also available to all members, without risk factor requirements, at no charge.

Outside of common annual preventative services offered by Medicare, there are also other services that can be utilized less often, such as once every 24 months or just once-in-a-lifetime, or are aimed at the prevention of other severe, chronic illnesses while accounting for member's personal medical history and risk factors. All Medicare members 50 years and older are eligible for an annual screening fecal occult blood test and, every 24 months, a screening flexible sigmoidoscopy for colorectal cancer. Beneficiaries, aged 55 to 77, with a history of an average consumption of smoking 20 cigarettes per day for 30 years, but are not currently displaying symptoms of lung cancer, are also eligible for a fully covered lung cancer screening once per year. For women beneficiaries, there are fully covered cervical and vaginal cancer screenings available once every 24 months, or even annually if identified as being at high risk for cervical and vaginal cancer or had an abnormal Pap test (also covered) within the past 36 months. Medicare members also have access to preventive services that can only be utilized once during their coverage, such as abdominal aortic aneurysm screenings for at risk people, at no cost. Additional services available annually, biennially, and once-per-lifetime to all beneficiaries who qualify, pending one's health and risk factors, are: bone mass measurements and Hepatitis C screenings.

Medicare preventive services also offer, and cover, health programs aimed at training beneficiaries with specific illnesses on how to best manage their illnesses, mental health and

(Cont.) behavioral screenings and therapy, and other resources. Within the first 12 months that beneficiaries have Medicare Part B, all individuals are able to complete a “Welcome to Medicare” preventive visit to get patients off on the right foot under their new Medicare coverage. The fully covered “Welcome to Medicare” preventive visit consists of an in-home visit by a doctor to establish and record beneficiaries’ medical and social history, general biometric information, discussion of advance directives, and review potential health risks and screening tests available. Follow-up “Annual Wellness Visits” are free of charge for members who have been covered for at least 12 months under Medicare and is great time to review other preventive services and screenings one is eligible for annually with their doctor. Medicare also covers other counseling services for a variety of illnesses, such as: cardiovascular disease behavioral therapy, obesity counseling, smoking and tobacco use cessation counseling, and alcohol misuse counseling. Some mental health services are also covered, with screenings for depression and alcohol misuse available to members annually.

Importantly, Medicare preventive services also make education and training programs available to beneficiaries, with particular attention toward those are who suffer from diabetes or are at risk to develop type 2 diabetes. For those who are already diabetic, Medicare covers diabetes self-management training at 20% of the Medicare approved amount following meeting one’s yearly Part B deductible. Beneficiaries, under Part B, who are identified as at risk of developing diabetes through review of one’s health history and current fasting plasma glucose levels, are able to participate in the Medicare Diabetes Prevention Program once-per-lifetime at no cost with the goal prevent the onset of clinical type 2 diabetes. Finally, Medicare members with diabetes, renal disease, and history of kidney transplant(s) are also eligible for a fully-covered, annual, multi-hour, medical nutrition therapy session to assess and educate on the lifestyle choices and dietary choices that directly impact the respective beneficiaries’ disease outcomes with the goal to improve one’s disease management.

For those who are interested, refer to the Medicare Preventive Services Resources on the following page for more information about the services available to beneficiaries and the cost, coverage, and eligibility requirements for the services.

Medicare Preventive Services Resources

Your Guide to Medicare Preventive Services:

<https://www.medicare.gov/sites/default/files/2021-08/10110-Your-Guide-to-Medicare-Preventive-Services.pdf>

Medicare Interactive, Medicare-Covered Preventive Services:

<https://www.medicareinteractive.org/get-answers/medicare-covered-services/preventive-services>

Are You Up-to-Date on Your Preventive Services?:

[medicare.gov/sites/default/files/2021-08/11420-Preventive-Services-Checklist.pdf](https://www.medicare.gov/sites/default/files/2021-08/11420-Preventive-Services-Checklist.pdf)

Medicare Preventive Services Interactive Reference Chart:

<https://www.cms.gov/Medicare/Prevention/PrevntionGenInfo/medicare-preventive-services/MPS-QuickReferenceChart-1.html>

Checking Medicare Eligibility:

<https://www.cms.gov/files/document/checking-medicare-eligibility.pdf>

COVID-19 and Medicare Fraud

Thao Nguyen, PharmD Candidate

Over the course of the COVID-19 pandemic, scammers have been using public fear of the virus for their own gain and pocketing money and services at the expense of Medicare plan members. Older adults, especially those with chronic health conditions, are being predominately targeted by scammers as they have a higher risk of serious illness from COVID-19 and, in turn, are more fearful of COVID-19 and its potential harm. By targeting these patients illegally for money and/or Medicare numbers, scammers try to bill Medicare for tests and treatments related to COVID-19¹. These claims are especially harmful if they use stolen Medicare information for services uncovered by the plan leaving the patient caught up with unexpected medical charges that can adversely effect their fiscal safety and health. Additionally, by stealing patients' personal details, such as Medicare information, scammers can commit medical identity theft and potentially cause harm to unsuspecting citizens².

In March 2020, Attorney General William P. Barr released a statement urging citizens to report COVID-19 fraud to the National Center for Disaster Fraud (NCDF) via hotline or email. Examples of fraud attempts include selling fake cures for COVID-19 online, email phishing as WHO or the CDC, and seeking donations for non-existent charitable organizations³. The Federal Trade Commission (FTC) performed COVID-19 and Stimulus Reports that included data from January 1st, 2020 to January 29th, 2022 in the United States. During this period, there were 292,476 reports of Fraud that mention COVID, stimulus, and related terms, which equates to roughly 43% of all COVID and stimulus related reports to the FTC. The other types included, Identity Theft (29%), Other (25%), and Do Not Call (3%) categories. The most active time was April 2021 in which there were roughly 2,500-3,000 reports made daily. Alabama had 2,585 fraud, 3,072 identity theft, 1,741 other, and 156 do not call reports during this time period⁴. With a total of 676,167 reports made overall, almost 45% of the cases indicated monetary loss. This resulted in the U.S losing \$676 million in total fraud loss, with a median of \$400⁴.

(Cont.) Recently — in February 2022 — the U.S. Department of Health and Human Services Office of Inspector General released an alert to the public warning citizens about fraud scams related to the novel COVID-19 virus. According to the alert, scams are being carried out a variety of mediums including social media, text messages, phone calls, testing sites, and door-to-door visits on unassuming people². Current common scams include: selling fake at home COVID-19 test kits for personal information, selling fake vaccination cards or offers to purchase personal vaccination cards, COVID-19 survey scams, and unsolicited emails/texts/phone calls offering COVID-19 tests and supplies.

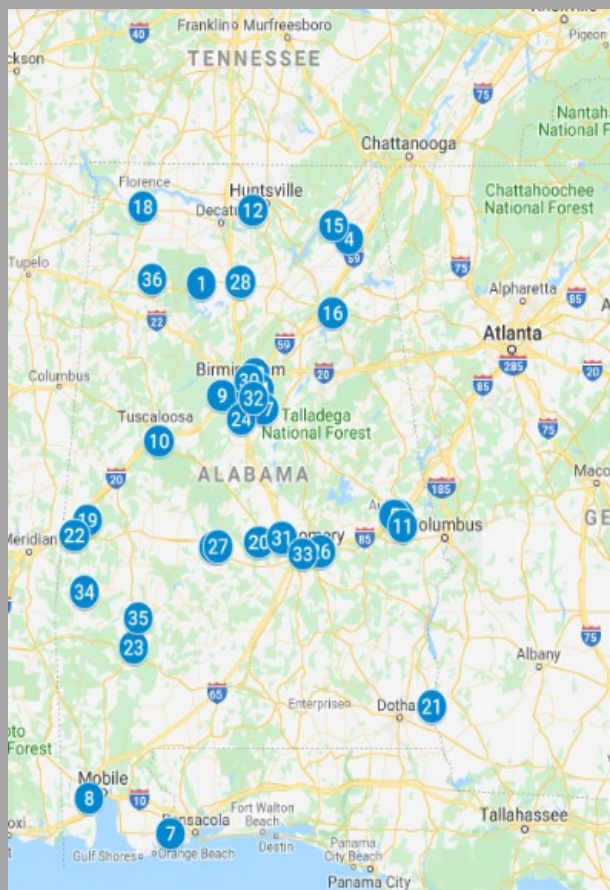
If you suspect COVID-19 health care fraud, you can report it online at “<https://oig.hhs.gov/fraud/report-fraud/>” or call 1-800-HHS-TIPS.

References

1. Covid-19 Fraud. Senior Medicare Patrol. <https://www.smpresource.org/Content/Medicare-Fraud/Fraud-Schemes/COVID-19-Fraud.aspx>. Accessed March 02, 2022.
2. Fraud alert: Covid-19 Scams. Office of Inspector General | Government Oversight | U.S. Department of Health and Human Services. <https://oig.hhs.gov/fraud/consumer-alerts/fraud-alert-covid-19-scams/>. Published February 1, 2022. Accessed March 02, 2022.
3. Attorney General William P. Barr Urges American Public to Report COVID-19 Fraud. The United States Department of Justice. <https://www.justice.gov/opa/pr/attorney-general-william-p-barr-urges-american-public-report-covid-19-fraud>. Published March 23, 2020. Accessed March 02, 2022.
4. FTC COVID-19 and Stimulus Reports. <https://public.tableau.com/app/profile/federal.trade.commission/viz/COVID-19andStimulusReports/Map>. Accessed March 02, 2022.

C.A.R.E.S. Pharmacy Network Members

1. Addison Discount Pharmacy | Addison, AL
2. Kroger Pharmacy | Opelika, AL
3. Walgreens Pharmacy #6955 | Hueytown, AL
4. Rainsville Drugs | Rainsville, AL
5. Walmart Neighborhood Market | East University location, Auburn, AL
6. Walgreens Pharmacy #4589 | Pelham, AL
7. Lillian Pharmacy | Lillian, AL
8. Pharmacy Services of Mobile | Mobile, AL
9. Weldon Pharmacy | Hueytown, AL
10. Beauregard Drugs | Auburn, AL
11. Rite Aid Pharmacy #07054 | Madison, AL
12. Rite Aid Pharmacy #07013 | Birmingham, AL
13. Continuity of Care Internal Medicine Clinics- Brookwood Baptist Health | Birmingham, AL
14. Section Pharmacy | Section, AL
15. Gadsden City Pharmacy | Gadsden, AL
16. Fred's Pharmacy #3056 | Tuscumbia, AL
17. Walmart Pharmacy #4330 | Chelsea, AL
18. The Drug Store | Livingston, AL
19. Beasley Pharmacy | Columbia, AL
20. City Drugs | Grove Hill, AL
21. Walgreens Pharmacy #10525 | Tuscaloosa, AL
22. Walgreens Pharmacy #9427 | Pelham, AL
23. Winn-Dixie Pharmacy #0543 | Selma, AL
24. Autauga Pharmacy | Autaugaville, AL
25. Turenne PharMedCo | Montgomery, AL
26. Swift Drug Co. | Selma, AL
27. Borden Family Pharmacy | Cullman, AL
28. Walgreens #10333 | Birmingham, AL
29. Adams Drugs | Prattville, AL
30. Christ Health Center Pharmacy | Birmingham, AL
31. Walgreens Pharmacy #11651 | Birmingham, AL
32. Walgreens Pharmacy #9456 | Montgomery, AL
33. Willard's Medical Arts Pharmacy | Butler, AL
34. Family Medicine Pharmacy | Thomasville, AL
35. Haley's Pharmacy | Haleyville, AL



C.A.R.E.S. Newsletter Issue 18 - Wordle

#1: <https://mywordle.strivemath.com/?word=yoihd>



CARES #1

C.A.R.E.S. Newsletter Issue 18 -

Wordle #3: <https://mywordle.strivemath.com/?word=wuzqr>



CARES #3

C.A.R.E.S. Newsletter Issue 18 - Wordle

#2: <https://mywordle.strivemath.com/?word=bfrxo>



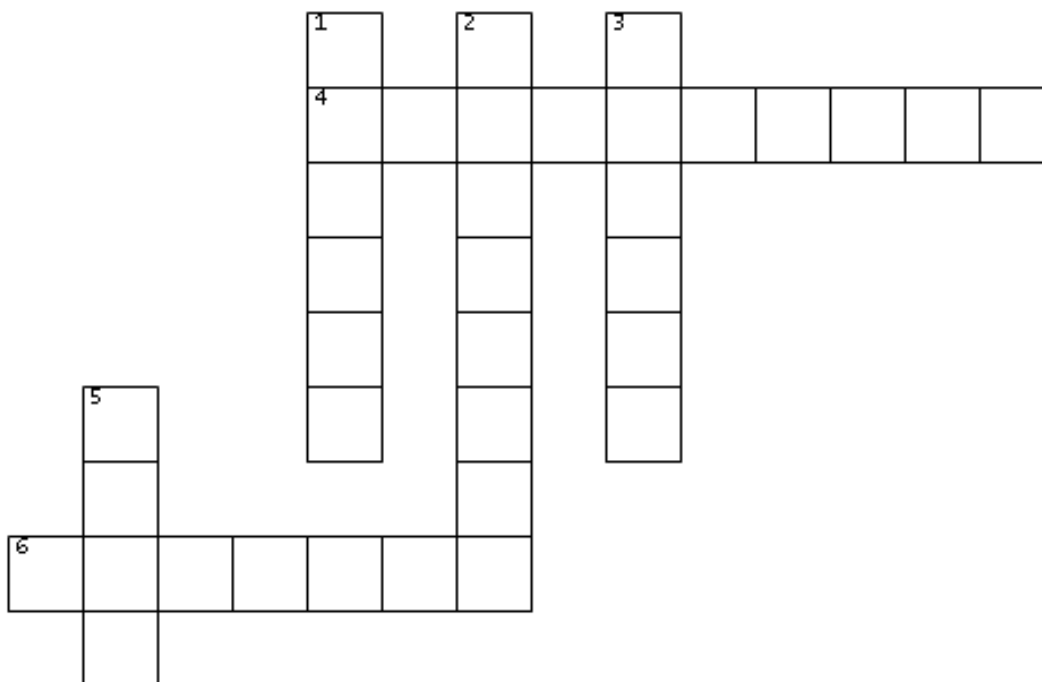
CARES #2

C.A.R.E.S. Newsletter Issue 18 -

Wordle #4: <https://mywordle.strivemath.com/?word=lvruv>



CARES #4

**Across**

4. The action of stopping something from happening or arising.
6. A substance used to stimulate the production of antibodies and provide immunity against one or several diseases.

Down

1. The season after winter and before summer.
2. A federal health insurance for people 65 or older, some younger people with disabilities, and people with End-Stage Renal Disease.
3. A person's mental or physical condition.
5. A dishonest scheme; a fraud.

Updated 2022 Immunization Schedule for Adults

Following the CDC's Advisory Committee on Immunization Practices' meetings in November and October of 2021, new immunization recommendations and an updated schedule were announced for adults starting in 2022. For the older adult population, the most predominant changes to come the schedule/recommendations were for Pneumococcal vaccines and Hepatitis B vaccines.

Resources:

CDC's Adult Immunization Schedule: <https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html>

Vaccine	19–26 years	27–49 years	50–64 years	≥65 years
Influenza inactivated (IIV4) or Influenza recombinant (RIV4)	1 dose annually			
Influenza live, attenuated (LAIV4)	1 dose annually			
Tetanus, diphtheria, pertussis (Tdap or Td)	1 dose Tdap each pregnancy; 1 dose Td/Tdap for wound management (see notes)			
	1 dose Tdap, then Td or Tdap booster every 10 years			
Measles, mumps, rubella (MMR)	1 or 2 doses depending on indication (if born in 1957 or later)			
Varicella (VAR)	2 doses (if born in 1980 or later)		2 doses	
Zoster recombinant (RZV)	2 doses for immunocompromising conditions (see notes)		2 doses	
Human papillomavirus (HPV)	2 or 3 doses depending on age at initial vaccination or condition	27 through 45 years		
Pneumococcal (PCV15, PCV20, PPSV23)	1 dose PCV15 followed by PPSV23 OR 1 dose PCV20 (see notes)			1 dose PCV15 followed by PPSV23 OR 1 dose PCV20
Hepatitis A (HepA)	2 or 3 doses depending on vaccine			
Hepatitis B (HepB)	2, 3, or 4 doses depending on vaccine or condition			
Meningococcal A, C, W, Y (MenACWY)	1 or 2 doses depending on indication, see notes for booster recommendations			
Meningococcal B (MenB)	2 or 3 doses depending on vaccine and indication, see notes for booster recommendations			
	19 through 23 years			
<i>Haemophilus influenzae</i> type b (Hib)	1 or 3 doses depending on indication			

Recommended vaccination for adults who meet age requirement, lack documentation of vaccination, or lack evidence of past infection
Recommended vaccination for adults with an additional risk factor or another indication
Recommended vaccination based on shared clinical decision-making
No recommendation/Not applicable

ACIP Recommendations: <https://www.cdc.gov/vaccines/acip/recommendations.html>

MMWR - ACIP Immunization Schedule for Adults Aged 19 Years or Older: https://www.cdc.gov/mmwr/volumes/71/wr/mm7107a1.htm?s_cid=mm7107a1_w

REMINDER!

In partnership with Alabama Department of Senior Services (ADSS), the C.A.R.E.S. program is partnering with the Harrison School of Pharmacy to offer an online video-based training and three ACPE approved 1-credit hour articles at no cost to you and your pharmacy technician!

1. Online Video Training :

Three-hour comprehensive program providing an overview of Medicare, the roles of ADRCs, and how to identify and refer patients to ADRCs using 8 online modules hosted on Auburn Ethos CE (see website address below).

2. Articles

Three one-hour home-study articles covering the following topics:

- *The Basics of Medicare for Pharmacy Personnel*
- *Pharmacists' Role in Assisting Medicare Patients with Limited Income*
- *Assistance Programs Available for Older Adults*

Access the CE article and complete the post-test and evaluation at:

<http://aub.ethosce.com/>

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Wordle #1: CARES
Wordle #2: FRAUD
Wordle #3: AGING
Wordle #4: PHARM
Across:
4. Prevention
6. Vaccine
Down:
1. Spring
2. Medicare
3. Health
5. Scam