

What You Should Know About Diabetes and Medicare

Starting in 2005, Medicare will offer new preventive and screening benefits that are important to the fight against diabetes. This means for seniors at risk for diabetes or those already diagnosed with pre-diabetes and diabetes, these services will be covered at little or no cost to you.

The American Diabetes Association encourages all seniors and their families to take a look at the benefits and to contact the Medicare program for more information on how to take advantage of these exciting new benefits, or how to become a Medicare beneficiary.

Beginning January 1, 2005, Medicare will cover the following diabetes-related services:



- **“Welcome to Medicare” Physical**

For new beneficiaries enrolling after January 1, 2005, Medicare will cover a one-time thorough review of your health, education and counseling about the preventive services you need, such as certain screenings and shots, and referrals for other care if you need it.

You must have the exam within the first six months that you have Medicare Part B.

- **Diabetes Screening (Fasting Plasma Glucose Test)**

Medicare will cover tests to check for diabetes. These tests are available to individuals with any of the following risk factors: high blood pressure, increased cholesterol, obesity, or a history of abnormally high blood glucose (sugar) levels. In addition, these tests are available for those individuals who have at least two of the following risk factors: overweight, family history of diabetes (parents, brothers, sisters), a history of gestational diabetes (diabetes during pregnancy), delivery of a baby weighing more than 9 pounds, and age of 65 or older.

Based on the results of these tests, you may be eligible for 1 or 2 diabetes screenings every year. Talk to your doctor for additional information.

- **Glaucoma Tests**

These tests help find the eye disease glaucoma.

Medicare covers these tests once every 12 months for people with Medicare at high risk for glaucoma, including those with diabetes.

- **Glucose monitors, test strips and lancets**

Medicare recipients with diabetes are eligible for this benefit.

- **Diabetes Self-Management Training**

Medicare recipients with diabetes are eligible for this benefit, as requested by your doctor.