

# Preventive care

Preventive services help you stay healthy, detect health problems early, determine the most effective treatments, and prevent certain diseases. Preventive services include exams, shots, lab tests, and screenings. They also include programs for health monitoring, and counseling and education to help you take care of your own health.<sup>1</sup>

Your Annual Wellness Visit and talking with your doctor or medical provider is a great first step. They can help give you a road map of what you need to do. Talk with your provider about what preventive screenings you need and how often you need them.

## Find out more

Call our Customer Care team toll-free at the number on the back of your Humana member ID card to find out about preventive screenings covered under your plan.

## Preventive screenings under Medicare Part B

- Abdominal aortic aneurysm screenings
- Alcohol misuse screenings & counseling
- Annual Wellness Visit
- Cardiovascular disease screenings
- Cardiovascular disease (behavioral therapy)
- Cervical & vaginal cancer screenings
- Colorectal cancer screenings
- Depression screenings
- Diabetes screenings
- Diabetes self-management training
- Glaucoma tests
- Hepatitis B Virus (HBV) infection screenings
- Hepatitis C screening tests
- HIV screenings
- Lung cancer screenings
- Mammograms (screening)



- Medicare Diabetes Prevention Program
- Nutrition therapy services
- Obesity screenings & counseling
- One-time “Welcome to Medicare” preventive visit
- Prostate cancer screenings
- Sexually transmitted infections screenings & counseling
- Shots:
  - COVID-19 vaccines
  - Flu shots
  - Hepatitis B shots
  - Pneumococcal shots
- Tobacco use cessation counseling

Additional preventive services approved by Medicare during the contract year may be covered.

<sup>1</sup>[www.medicare.gov/coverage/preventive-screening-services](http://www.medicare.gov/coverage/preventive-screening-services)

This communication doesn't guarantee benefits and doesn't indicate all services received will be covered by your plan. Please refer to your Evidence of Coverage or call Customer Service at the number on the back of your Humana member ID card to confirm that the service will be covered by your plan.

## Important

---

### **At Humana, it is important you are treated fairly.**

Humana Inc. and its subsidiaries comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, ancestry, ethnicity, sex, sexual orientation, gender, gender identity, disability, age, marital status, religion, or language in their programs and activities, including in admission or access to, or treatment or employment in, their programs and activities.

- The following department has been designated to handle inquiries regarding Humana's non-discrimination policies: Discrimination Grievances, P.O. Box 14618, Lexington, KY 40512-4618. If you need help filing a grievance, call the number on your ID card or if you use a TTY, call 711.

### **Auxiliary aids and services, free of charge, are available to you.**

#### **Please call the number on your ID card. If you use a TTY, call 711.**

Humana provides free auxiliary aids and services, such as qualified sign language interpreters, video remote interpretation, and written information in other formats to people with disabilities when such auxiliary aids and services are necessary to ensure an equal opportunity to participate.

**This information is available for free in other languages. Please call our customer service number at 877-320-1235 (TTY: 711). Hours of operation: 8 a.m. – 8 p.m. Eastern time.**

**Español (Spanish):** Llame al número indicado para recibir servicios gratuitos de asistencia lingüística. **877-320-1235 (TTY: 711)**. Horas de operación: 8 a.m. a 8 p.m. hora del este.

**繁體中文 (Chinese):** 本資訊也有其他語言版本可供免費索取。請致電客戶服務部：**877-320-1235 (聽障專線：711)**。辦公時間：東部時間上午 8 時至晚上 8 時。

GHHLE7BEN 0822