



# What You Should Know About **DIABETES** and **MEDICARE**

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Medicare can help you learn if you have diabetes. Medicare helps you to fight diabetes. Read on to learn what you may need, if your doctor has told you that you have diabetes or are at risk for getting diabetes. Medicare pays for some services fully. With Medicare Part B, you may have to meet the deductible and then pay 20% of the Medicare allowed amount for some services.

## SERVICES MEDICARE PAYS FOR RELATED TO DIABETES:

### One-time “Welcome to Medicare” Physical Exam

In the **first six months** that you have Medicare Part B, it pays for one physical exam to prevent illness. This exam includes:

- A check of your health now and in the past.
- A check of your medicines, your shots, etc.
- A chance to learn what to do to prevent future illness, like screenings and shots.
- Getting a referral to other services you need.

Schedule the exam with your doctor.

### Diabetes Screening - Test of Blood Sugar Before Eating

Medicare covers tests to check for diabetes. You can be tested if you have any of these risks:

- High blood pressure
- Increased cholesterol
- Obesity
- A history of unusually high blood sugar (glucose) levels

Or, you can receive these tests if you have at least two of these risks:

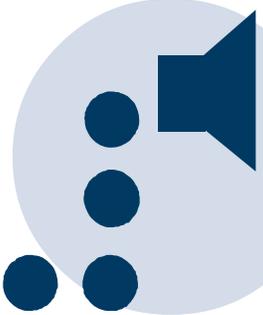
- Overweight
- Family history of diabetes (parents, brothers, sisters)
- Age 65 or older
- A history of diabetes when you were pregnant
- You delivered a baby that weighed more than nine pounds

If these tests show you might develop diabetes, you should get another one or two diabetes screenings each year. **You pay nothing for these services.** Talk to your doctor to see if you have these risks.

### Diabetes Self-Management Training

Medicare pays for you to learn how to control your diabetes. **Your doctor can order up to ten hours of training the first time.** One hour can be just you and the trainer. The other nine hours must be in a group. After that, you may go to two more hours of training a year, as your doctor orders. **You must get the training from a diabetes education program approved by Medicare.** Your doctor should refer you. Or the American Diabetes Association will tell you where to find a program. Call 1-800-342-2383 or visit their website at [www.diabetes.org/education/eduprogram.asp](http://www.diabetes.org/education/eduprogram.asp).





## Things You Need to Stay Healthy When You Have Diabetes

- Medicare pays for supplies to test your blood sugar. This includes a monitor, lancets and test strips.

**You need a prescription.**

If you need to test more than most people, ask your doctor to make sure the prescription lets Medicare know you need extra.

- The Medicare prescription drug program pays for insulin. It also pays for some of the supplies needed for insulin shots.
- Your doctor can prescribe an insulin pump worn outside the body. Medicare may pay for it and the insulin used with it, if your doctor tells them why you can't use insulin any other way.
- Medicare covers therapeutic shoes. Your doctor must show why you need them. Medicare may not pay the full amount.
- Medicare pays for foot exams and eye exams. Make sure your eye exam checks for glaucoma.

**You must get your supplies and exams from a pharmacy or supplier that accepts Medicare Part B.** Ask if they accept "assignment" for Medicare-covered supplies. This can save you money.

To get a free copy of *Medicare Coverage of Diabetes Supplies & Services* call 1-800-633-4227 or go to <http://www.medicare.gov/Publications/Pubs/pdf/11022.pdf>.

## Flu and Pneumococcal Shots

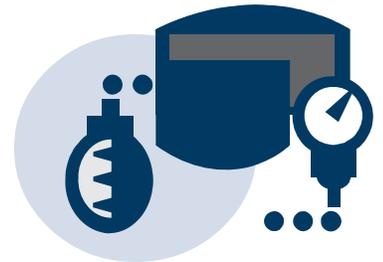
Medicare pays for a flu shot each year, in the fall or winter. Medicare also covers a pneumonia shot. Most people only need this shot once in their life. **You pay nothing for either shot. Talk to your doctor about getting these important shots.**

## Medical Nutrition Therapy Services

Medicare may pay for nutrition therapy.

**Your doctor must order this service.**

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- In the first year you are told you have diabetes, Medicare pays for three hours. These can be one-on-one or in a group.
  - Medicare covers two more hours each year after that.
  - You can get more hours if your condition, treatment, or diagnosis changes *and* your doctor prescribes it.
  - Someone properly trained must provide the nutrition therapy. Your doctor can tell you where to go. Or, you can find a trained person by calling the American Dietetic Association at 1-800-366-1655. Or you can visit their website at [www.eatright.org](http://www.eatright.org) and click on "Find a Nutrition Professional."



To learn more about Medicare benefits, ask for a free copy of *Guide to Medicare's Preventive Services* (CMS Pub. No. 10110) by calling 1-800-633-4227.

This brochure can also be viewed at <http://www.medicare.gov/Publications/Pubs/pdf/10110.pdf>.

**Call 1-800-MEDICARE  
(1-800-633-4227)  
or go to [www.medicare.gov](http://www.medicare.gov)**



Diabetes  
Missouri Department of Health & Senior Services  
Bureau of Cancer and Chronic Disease Control  
[www.dhss.mo.gov/diabetes](http://www.dhss.mo.gov/diabetes)

1-800-316-0935

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