

Welcome to Medicare

Family Health Center
606 N Third Avenue Suite #101 - Sandpoint, Idaho 83864 - Telephone (208) 263-1435

Initial Preventive Physical Examination

The Medicare Prescription Drug, Improvement, and Modernization Act of 2003 (MMA) expanded the number of preventive services and screenings covered by Medicare. Effective January 1, 2005, all newly enrolled Medicare beneficiaries are covered for Initial Preventive Physical Examination (IPPE). All beneficiaries are also covered for cardiovascular screening blood tests, and those at risk are covered for diabetes screening test.

What is it?

The IPPE, also known as the "Welcome to Medicare" physical examination, is a conversation as much as it is a physical exam. If caught early, diseases can be treated and managed resulting in fewer serious illnesses and health consequences. The goal of the IPPE is health promotion and disease detection. The IPPE is a great way to get up-to-date on important screenings and shots and to talk with your doctor about your family history and how to stay healthy.

The IPPE visit consists of the following 7 elements:

Initial Preventive Physical Examination

- Review of medical and social history
- Review of risk factors for depression
- Review of functional ability and safety
- Height, weight, blood pressure, and vision
- Performance of an EKG
- Counseling based on the previous 5 elements
- Counseling for other Medicare services

Who gets it?

Medicare provides coverage of the IPPE visit for all newly enrolled beneficiaries with Medicare Part B coverage with an effective date on or after Jan 1, 2005.

The IPPE is a **one-time** benefit that must be completed within the first six months after the effective date of the beneficiary's first Medicare Part B coverage. Usually the effective date is the first day of the birth month in the 65th year after birth. There is no wellness or preventive physical benefit after the initial IPPE.

Coverage of the IPPE visit is provided as a Medicare Part B benefit. The coinsurance or co-

payment applies after the yearly Medicare Part B deductible has been met. You pay 20% of the Medicare approved amount after you meet the yearly Part B deductible. Since this may be your first Medicare-covered service, you may meet your entire Part B deductible at this visit.

What do I do?

You can help prepare for an IPPE visit by coming with the following information.

Information needed at the IPPE visit

- Old medical records that are pertinent
- Immunization records
- Immediate family health history
- Full list of all medications taken and doses

What else is covered?

There are now 11 preventive services authorized under Medicare Part B. It is important that you thoroughly understand Medicare's policy on these services. Some of the services are covered at 100%, some at 80%, and some only if medically indicated.

Covered Preventive Services

- Pneumococcal, Influenza & Hepatitis B vaccine
- Breast cancer screening / mammography
- Cervical cancer screening / pap smear
- Prostate cancer screening
- Colorectal cancer screening
- Osteoporosis screening
- Glaucoma screening
- Cardiovascular screening blood tests
- Diabetes screening
- Diabetes outpatient self management training
- Nutritional training for diabetes or renal disease