Prevention
Take Advantage of Preventive Services

Your family’s journey to better health begins with a single step – taking advantage of preventive health care services.

Preventive check-ups and screenings can help find illnesses and medical problems early and improve your health and the health of everyone in your family.

Your health care plan may cover screenings and services at no additional cost to you like copays or coinsurance as long as you visit a doctor in your insurance plan’s provider network. This is true even if you haven’t met your deductible.

Some examples of preventive care services covered by your plan include general wellness exams each year, recommended vaccines, and screenings for things like diabetes, cancer or depression. Preventive services are provided for women, men and children of all ages.

For more details on what preventive services are covered at no cost to you, refer to the back of this flier, or review your benefits booklet provided by your health insurance company.

Learn more on immunization recommendations and schedules by visiting the Centers for Disease Control and Prevention website at www.cdc.gov/vaccines.

The following preventive services are covered by your plan at no additional cost to you.¹

For Adults
Annual preventive medical history and physical exam

Screenings for:
- Abdominal aortic aneurysm
- Alcohol abuse and tobacco use
- Cardiovascular disease (CVD) including cholesterol screening and statin use for the prevention of CVD
- Colorectal and lung cancer
- Depression
- Fall prevention risk
- High blood pressure, obesity and diabetes
- Sexually transmitted infections, HIV, HPV and hepatitis
- Tuberculosis

Counseling for:
- Alcohol misuse
- Domestic violence
- Healthy diet and physical activity counseling for adults who are overweight or obese and have additional cardiovascular disease risk factors
- Sexually transmitted infections
- Skin cancer prevention
- Tobacco use, including certain medicine to stop
- Use of aspirin to prevent heart attacks

¹ Non-grandfathered health plans are required by the Affordable Care Act to provide coverage for preventive care services without cost-sharing only when the member uses an insurance plan’s network provider. You may have to pay all or part of the cost of preventive care if your health care plan is grandfathered. To find out if your health care plan is grandfathered or non-grandfathered, call the Customer Service number listed on your health plan identification card provided by your health insurance company.
For Children
Annual preventive medical history and physical exam

Screenings for:
• Autism
• Cervical dysplasia
• Critical congenital heart defect screening for newborns
• Depression
• Developmental delays
• Dyslipidemia (for children at higher risk)
• Hearing loss, hypothyroidism, sickle cell disease and phenylketonuria (PKU) in newborns
• Hematocrit or hemoglobin
• Lead poisoning
• Obesity
• Sexually transmitted infections and HIV
• Tuberculosis
• Vision screening

Assessments and Counseling:
• Alcohol and drug use assessment for adolescents
• Obesity counseling
• Oral health risk assessment, dental caries prevention fluoride varnish and oral fluoride supplements
• Skin cancer prevention counseling

For Women
• Aspirin for preeclampsia prevention
• Breast cancer screening, genetic testing and counseling
• Breastfeeding support, supplies and counseling
• Certain contraceptives and medical devices, morning after pill, and sterilization to prevent pregnancy
• Cervical cancer screening
• Chlamydia, gonorrhea, syphilis, HIV and hepatitis B screenings
• Counseling for alcohol and tobacco use during pregnancy
• Diabetes mellitus screening after pregnancy
• Folic acid supplementation during pregnancy
• Human papillomavirus (HPV) DNA test
• Osteoporosis screening
• Screenings during pregnancy, including screenings for anemia, gestational diabetes, bacteriuria, Rh(D) compatibility, preeclampsia
• Urinary incontinence screening

Certain Vaccines
Learn more about immunization recommendations and schedules by visiting: www.cdc.gov/vaccines
• Diphtheria, Pertussis, Tetanus
• Haemophilus Influenzae Type B (Hib)
• Hepatitis A and B
• Human Papillomavirus (HPV)
• Inactivated Poliovirus (Polio)
• Influenza (Flu)
• Measles, Mumps, Rubella (MMR)
• Meningitis
• Pneumococcal
• Rotavirus
• Varicella (Chicken Pox)
• Zoster (Herpes, Shingles)