

# Take care of yourself

## Use your preventive care benefits

Getting regular checkups and exams can help you stay healthy and catch problems early — when they're easier to treat.

That's why our health plans offer all the preventive care services and immunizations below — at no cost to you.<sup>1</sup> As long as you see a doctor or use a pharmacy in the plan, you won't have to pay anything for these services and immunizations. If you want to visit a doctor or pharmacy outside the plan, you may have to pay out of pocket.

Not sure which services make sense for you? Talk to your doctor. He or she can help you figure out what you need.

### Preventive vs. diagnostic care

What's the difference? Preventive care helps protect you from getting sick. If your doctor recommends you have services even though you have no symptoms, that's preventive care. Diagnostic care is when you have symptoms and your doctor recommends services to determine what's causing those symptoms.

### Adult preventive care

#### Preventive physical exams

##### Screening tests:

- › Alcohol misuse: related screening and behavioral counseling
- › Aortic aneurysm screening (men who have smoked)
- › Behavioral counseling to promote a healthy diet
- › Blood pressure
- › Bone density test to screen for osteoporosis
- › Cholesterol and lipid (fat) level
- › Colorectal cancer, including fecal occult blood test, barium enema, flexible sigmoidoscopy, screening colonoscopy and related prep kit, and computed tomography (CT) colonography (as appropriate)
- › Depression screening
- › Hepatitis C virus (HCV) for people at high risk for infection and a one-time screening for adults born between 1945 and 1965
- › Type 2 diabetes screening\*
- › Eye chart test for vision<sup>2</sup>
- › Hearing screening
- › Height, weight and body mass index (BMI)
- › HIV screening and counseling
- › Lung cancer screening for those ages 55-80 who have a history of smoking 30 packs per year and still smoke, or quit within the past 15 years<sup>3</sup>
- › Obesity: related screening and counseling\*
- › Prostate cancer, including digital rectal exam and prostate-specific antigen (PSA) test
- › Sexually transmitted infections: related screening and counseling
- › Tobacco use: related screening and behavioral counseling
- › Violence, interpersonal and domestic: related screening and counseling

##### Immunizations:

- › Diphtheria, tetanus and pertussis (whooping cough)
- › Hepatitis A and hepatitis B
- › Human papillomavirus (HPV)
- › Influenza (flu)
- › Measles, mumps and rubella (MMR)
- › Meningococcal (meningitis)
- › Pneumococcal (pneumonia)
- › Varicella (chickenpox)
- › Zoster (shingles)

#### Women's preventive care:

- › Well-woman visits
- › Breast cancer, including exam, mammogram, and genetic testing for BRCA 1 and BRCA 2 when certain criteria are met<sup>4</sup>
- › Breastfeeding: primary care intervention to promote breastfeeding support, supplies and counseling<sup>5,6,7</sup>
- › Contraceptive (birth control) counseling
- › Food and Drug Administration (FDA)-approved contraceptive medical services, including sterilization, provided by a doctor
- › Counseling related to chemoprevention for those with a high risk of breast cancer
- › Counseling related to genetic testing for those with a family history of ovarian or breast cancer
- › HPV screening<sup>6</sup>
- › Screening and counseling for interpersonal and domestic violence
- › Pregnancy screenings, including gestational diabetes, hepatitis B, asymptomatic bacteriuria, Rh incompatibility, syphilis, HIV and depression<sup>6</sup>
- › Pelvic exam and Pap test, including screening for cervical cancer

## Child preventive care

### Preventive physical exams

#### Screening tests:

- Behavioral counseling to promote a healthy diet
- Blood pressure
- Cervical dysplasia screening
- Cholesterol and lipid level
- Depression screening
- Development and behavior screening
- Type 2 diabetes screening
- Hearing screening
- Height, weight and BMI
- Hemoglobin or hematocrit (blood count)
- HPV screening (female)
- Lead testing
- Newborn screening
- Screening and counseling for obesity
- Counseling for those ages 10–24 with fair skin about lowering their risk for skin cancer
- Oral (dental health) assessment when done as part of a preventive care visit
- Screening and counseling for sexually transmitted infections
- Tobacco use: related screening and behavioral counseling
- Vision screening when done as part of a preventive care visit<sup>2</sup>

#### Immunizations:

- Chickenpox
- Flu
- Haemophilus influenza type b (Hib)
- Hepatitis A and hepatitis B
- HPV
- Meningitis
- MMR
- Pneumonia
- Polio
- Rotavirus
- Whooping cough

<sup>1</sup> The range of preventive care services covered at no cost share when provided by plan doctors is designed to meet state and federal requirements. The Department of Health and Human Services decided which services to include for full coverage based on U.S. Preventive Services Task Force A and B recommendations, the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC), and certain guidelines for infants, children, adolescents and women supported by Health Resources and Services Administration (HRSA) Guidelines. You may have additional coverage under your insurance policy. To learn more about what your plan covers, see your Certificate of Coverage or call the Member Services number on your ID card.

<sup>2</sup> Some plans cover additional vision services. Please see your contract or Certificate of Coverage for details.

<sup>3</sup> You may be required to get preapproval for these services.

<sup>4</sup> Check your medical policy for details.

<sup>5</sup> Breast pumps and supplies must be purchased from plan providers for 100% coverage. We recommend using plan durable medical equipment (DME) suppliers.

<sup>6</sup> This benefit also applies to those younger than age 19.

<sup>7</sup> Counseling services for breastfeeding (lactation) can be provided or supported by a plan doctor or hospital provider, such as a pediatrician, obstetrician/gynecologist or family medicine doctor, and hospitals with no member cost share (deductible, copay, coinsurance). Contact the provider to see if such services are available.

<sup>8</sup> A cost share may apply for other prescription contraceptives, based on your drug benefits.

<sup>9</sup> Your cost share may be waived if your doctor decides that using the multisource brand is medically necessary

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