

# Preventive Care *for everyone*

- ✓ *Adults*
- ✓ *Women*
- ✓ *Children*



**100%  
Covered**

**No cost to you.**



**Remember:**

Preventive care is designed to catch health issues early and keep you feeling your best. These services are covered at 100% when you see an in-network provider — no copay, no deductible.

# Preventive Care *for everyone*

**100% Covered. No Cost to You.**

When you visit an in-network provider, these preventive services are covered at no cost to you.



## **Your Health Matters.**

That's why your plan includes preventive services — screenings, immunizations, counseling, and medications — all designed to catch potential health issues early and keep you and your family healthy.

# Preventive Care *for Adults*

These services are covered at 100% when you see an in-network provider.

## Screenings, Counseling & Medications

- Abdominal aortic aneurysm** (one-time for men of certain ages who have smoked)
- Alcohol misuse** screening & counseling
- Aspirin therapy** for adults 50–59 at higher cardiovascular risk
- Blood pressure** screening
- Cholesterol** screening (certain ages or higher risk)
- Colorectal cancer** screening (ages 45–75)
- Depression** screening
- Type 2 diabetes** screening (ages 40–70, overweight)
- Diet counseling** for adults at higher risk
- Fall prevention** (exercise/physical therapy & vitamin D for adults 65+)
- Hepatitis B** screening (for at-risk populations)
- Hepatitis C** screening (ages 18–79)
- HIV** screening (ages 15–65, or higher risk)
- PrEP (pre-exposure prophylaxis)** medication for those at high risk of HIV
- Lung cancer** screening (ages 50–80, high-risk smokers or recent quitters)
- Obesity** screening & counseling
- STI prevention** counseling (for higher risk adults)
- Statin preventive medication** (ages 40–75 at high risk)
- Syphilis** screening (for higher risk adults)
- Tobacco use** screening & cessation support
- Tuberculosis** screening (for certain at-risk adults)



## Adult Immunizations

*(Doses, ages, and populations vary. Ask your provider what's right for you.)*

- Chickenpox (Varicella)**
- Diphtheria**
- Influenza (Flu)**
- Hepatitis A**
- Hepatitis B**
- Human Papillomavirus (HPV)**
- Measles**
- Meningococcal**
- Mumps**
- Pertussis (Whooping Cough)**
- Pneumococcal**
- Rubella**
- Shingles**
- Tetanus**



# Preventive Care *for Women*

These services are covered at 100% when you see an in-network provider.

## Pregnancy, Family Planning & Maternal Health

- Breastfeeding support and counseling** (plus supplies)
- FDA-approved birth control** & sterilization, with counseling
- Folic acid** supplements (for women who may become pregnant)
- Gestational diabetes** screening (24+ weeks, or earlier if high risk)
- Hepatitis B** screening (first prenatal visit)
- Preeclampsia** prevention & screening (for women with high blood pressure)
- Rh incompatibility** screening and follow-up testing
- Maternal depression** screening at well-baby visits
- Expanded tobacco** counseling for pregnant women
- Urinary tract** or other infection screening



## General Preventive Services for Women

- Bone density** screening (65+ or postmenopausal women at higher risk)
- Breast cancer** screenings:
  - Genetic test counseling (BRCA, for higher risk)
  - Mammograms (every 2 years for 50+, earlier if high risk)
  - Chemoprevention counseling (for higher risk)
- Cervical cancer** screening (Pap test ages 21–65)
- Chlamydia & gonorrhea** screening (for younger women and those at risk)
- Diabetes** screening (for women with a history of gestational diabetes)
- Domestic & interpersonal violence** screening and counseling
- HIV** screening and counseling (ages 15–65, or at higher risk)
- PrEP (pre-exposure prophylaxis) HIV** prevention medication (for women at higher risk)
- STI** prevention counseling (for sexually active women)
- Syphilis** screening (for at-risk women)
- Tobacco use** screening & counseling
- Urinary incontinence** screening (yearly)
- Annual well-woman** visits



# Preventive Care for *Newborns & Children*

These services are covered at 100% when you see an in-network provider.

## Screenings, Assessments & Supplements

- Alcohol, tobacco, and drug use** assessments (adolescents)
- Autism** screening (18 & 24 months)
- Behavioral** assessments (birth–17 years, at recommended intervals)
- Bilirubin concentration** screening (newborns)
- Blood pressure** checks (all ages)
- Blood** screening (newborns)
- Depression** screening (adolescents, starting at age 12)
- Developmental** screening (under age 3)
- Dyslipidemia** screening (once at ages 9–11 and again at 17–21, or if at risk)
- Fluoride** supplements (if water source lacks fluoride)
- Fluoride** varnish (when teeth appear, infants & children)
- Gonorrhea** preventive eye medication (newborns)
- Hearing** screening (newborns and ongoing as recommended)
- Height, weight, and BMI** measurements (all children, regularly)
- Hematocrit or hemoglobin** screening (all children)
- Hemoglobinopathies** (sickle cell) screening (newborns)
- Hepatitis B** screening (at-risk adolescents)
- HIV** screening (at-risk adolescents)
- Hypothyroidism** screening (newborns)
- PrEP (pre-exposure prophylaxis) HIV** prevention medication (for adolescents at high risk)
- Lead** screening (children at risk)
- Obesity** screening and counseling
- Oral health risk** assessments (ages 6 months–6 years)
- Phenylketonuria (PKU)** screening (newborns)
- STI** counseling & screening (at-risk adolescents)
- Tuberculosis** testing (at-risk children, all ages)
- Vision** screening (all children)
- Well-baby and well-child** visits



## Childhood & Adolescent Immunizations

*(Doses, ages, and populations vary. Ask your provider for your child's schedule.)*

- |  |                                     |                     |
|--|-------------------------------------|---------------------|
| <b>Chickenpox (Varicella)</b>                | <b>Human Papillomavirus (HPV)</b>   | <b>Mumps</b>        |
| <b>DTaP (Diphtheria, Tetanus, Pertussis)</b> | <b>Inactivated Poliovirus (IPV)</b> | <b>Pneumococcal</b> |
| <b>Haemophilus influenzae type b (Hib)</b>   | <b>Influenza (Flu)</b>              | <b>Rotavirus</b>    |
| <b>Hepatitis A</b>                           | <b>Measles</b>                      | <b>Rubella</b>      |
| <b>Hepatitis B</b>                           | <b>Meningococcal</b>                |                     |



# Preventive Care *for everyone*

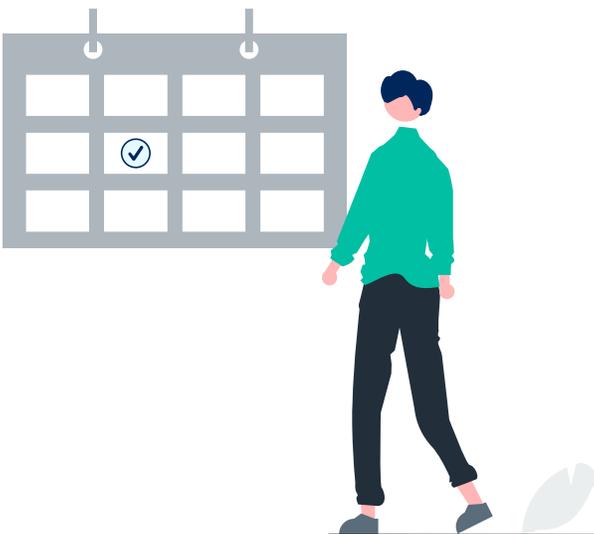
## Why Preventive Care Matters

1. Helps detect health conditions early, when they're most treatable.
2. Protects against serious illness with timely immunizations.
3. Supports lifelong health with counseling and education.
4. Keeps your family on track with regular checkups and wellness visits.



## Your Next Steps

1. Schedule your annual wellness visit.
2. Ask your provider about which preventive services are right for your age and health needs.
3. Stay in-network to ensure you pay \$0 for covered preventive care.



### **Remember:**

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# Preventive Care Checklist

Use this checklist to track your preventive care. Bring it to your appointments and mark off what's done.

## Children & Teens (0–17 years)

<input type="checkbox"/> Yearly well-child visit	
<input type="checkbox"/> Vision screening	
<input type="checkbox"/> Hearing screening	
<input type="checkbox"/> Developmental screenings	
<input type="checkbox"/> Autism screenings (18 & 24 months)	
<input type="checkbox"/> Depression screening (age 12+)	
<input type="checkbox"/> Blood pressure checks	
<input type="checkbox"/> Vaccines: DTaP, MMR, Varicella, HPV, Flu, Others	

## Young Adults (18–39 years)

<input type="checkbox"/> Annual wellness exam	
<input type="checkbox"/> Blood pressure check	
<input type="checkbox"/> Cholesterol screening (if at risk)	
<input type="checkbox"/> Cervical cancer screening (Pap test ages 21–29)	
<input type="checkbox"/> STI screening (as needed)	
<input type="checkbox"/> HIV screening	
<input type="checkbox"/> Vaccines: Tdap booster, Flu, HPV (if not completed)	

## Adults (40–64 years)

<input type="checkbox"/> Annual wellness exam	
<input type="checkbox"/> Blood pressure check	
<input type="checkbox"/> Cholesterol screening	
<input type="checkbox"/> Diabetes screening (ages 40–70, if overweight)	
<input type="checkbox"/> Colorectal cancer screening (ages 45–75)	
<input type="checkbox"/> Mammogram (ages 40–49 if at risk; 50+ every 2 yrs)	
<input type="checkbox"/> Cervical cancer screening (Pap/HPV ages 30–65)	
<input type="checkbox"/> Vaccines: Flu, Shingles (50+), Pneumococcal (if at risk), Tdap booster	

## Older Adults (65+ years)

<input type="checkbox"/> Annual wellness exam	
<input type="checkbox"/> Blood pressure check	
<input type="checkbox"/> Cholesterol screening	
<input type="checkbox"/> Diabetes screening (ages 40–70, if overweight)	
<input type="checkbox"/> Bone density screening (women 65+)	
<input type="checkbox"/> Cancer screenings (as recommended by provider)	
<input type="checkbox"/> Vaccines: Flu, Shingles, Pneumococcal, Tdap booster	



