



Preventive CARE SERVICES

Take advantage of free Preventive Care Services for you and your family.

What is Preventive Care?

Preventive care services are used to evaluate your current health status when you are free of symptoms. This can help lead to early diagnosis and treatment, and potentially avoid more serious issues. Your doctor can use routine exams and health screenings to determine your current health status and detect early warning signs of health problems.

Consider establishing a primary care doctor, who will partner in your health and well-being, and help you determine any medical concerns you're at risk for developing in the future.

To get the most out of your health insurance coverage, schedule your preventive care appointment today.

Preventive vs. Non-Preventive

Immunizations, routine physical exams, lab work, and x-rays may all be considered preventive care. During your preventive visit your doctor will determine what services or health screenings are right for you based on many factors such as your age, gender, personal health history, and your current health status.

Services that are generally considered Preventive Care:

- Yearly routine check-ups for adults and children
- Pediatric or well baby check-ups
- Recommended screenings
- Immunizations
- Counseling for tobacco and alcohol use
- Counseling for healthy diet and STD prevention

Why is it important?

Maintaining or improving your health with regular preventive care, along with following the advice of your doctor, can help you stay healthy. Routine checkups and screenings can help you avoid serious health problems, allowing you and your doctor to work as a team to manage your overall health, and help you reach your personal health and wellness goals.

What does it cost?

When you visit an in-network provider, most preventive care services are covered at 100% and are not typically subject to copayment, coinsurance, or deductible.

Services that are considered Non-Preventive or Diagnostic:

- Care and treatment of existing medical conditions, or current symptoms and concerns
- Testing or services (including repeat of the same test) after abnormal results on a previous test
- Avoid surprise charges by talking to your doctor in advance about whether recommended tests and services will be billed as preventive or diagnostic

If you need assistance locating a provider or scheduling an appointment, please contact a Customer Care Representative at **the phone number located on your ID Card** Monday through Friday, 8am to 5pm PST.