Wellness and Preventive Care

Take an easy step towards good health

Your number one way to help yourself and your family stay healthy is with preventive care. When combined with healthy eating and exercise, vaccines and early detection are your key to a long and healthy life. That's why your plan offers many preventive treatments at no cost to you when you visit a doctor in your network.

Built into your health plan are preventive benefits that cover:

- Physical exams.
- Mammograms.
- Colonoscopies.
- Pap smears.
- Prostate blood exams.
- Immunizations.
- Diagnostic X-ray and lab services.

While most in-network benefits are subject to your deductible and coinsurance, these exams are paid at 100 percent when billed as preventive or routine by your health care provider.

When scheduling a visit for preventive care, just follow these three easy steps:

1. First, you should let your doctor's office know your visit will be for preventive care, or your annual checkup.

2. Before you leave your visit, simply check with the office to be sure your service was listed as preventive.

3. If your doctor refers you to an ancillary provider for preventive tests (e.g., mammogram, colonoscopy, etc.) you should make sure they indicate the purpose is preventive in the referral paperwork, or when filing the claim.

By keeping up with your preventive care and vaccine schedule, you're taking an important step towards your health and well-being.

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Learn more about preventive care

For more information about preventive care, you can visit the website for the United States Department of Health and Human Services at: **http://healthfinder.gov/myhealthfinder**.

This flyer is solely for informational purposes and is not intended to provide medical advice. You should consult with your health care provider regarding any questions you have about your health and/or medical treatment.

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