

# Preventive Care

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You take your car to the shop for routine maintenance, so why wouldn't you do the same for yourself? Staying healthy is easy if you take advantage of FREE preventive care!

That's right — most preventive care services are free to you under your medical plan when you use a Tier 1 or Tier 2 health care provider and the main purpose of your visit is to get preventive care.

Below is a list of preventive care services covered at 100% when you use Tier 1 or Tier 2 providers. Make sure your doctor's visit is coded correctly, as preventive care only, so it's free or low-cost for you.

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## Covered preventive services for adults

### Screenings for:

- Alcohol misuse
- Blood pressure
- Cholesterol (for adults of certain ages or at higher risk)
- Colorectal cancer
- Depression
- Type 2 diabetes (for adults with high blood pressure)
- HIV (for all adults at higher risk)
- Obesity
- Tobacco use
- Syphilis (for all adults at higher risk)

### Immunizations:

Doses, recommended ages, and recommended populations vary

- Diphtheria, pertussis, tetanus (DPT)
- Hepatitis A
- Hepatitis B
- Herpes zoster (shingles)
- Human papillomavirus (HPV)
- Influenza (Flu)
- Measles, mumps, rubella (MMR)
- Meningococcal (meningitis)
- Pneumococcal (pneumonia)
- Varicella (chicken pox)

## Additional covered preventive services for women

### Screenings for:

- Breast cancer (mammography)
- Cervical cancer
- Osteoporosis

## Covered preventive services for children

- Well-child visits

### Immunizations:

From birth to age 18 — doses, recommended ages, and recommended populations vary

- Diphtheria, pertussis, tetanus (DPT)
- Haemophilus influenzae type b
- Hepatitis A
- Hepatitis B
- Human papillomavirus (HPV)
- Inactivated poliovirus
- Influenza (Flu)
- Measles, mumps, rubella (MMR)
- Meningococcal (meningitis)
- Pneumococcal (pneumonia)
- Rotavirus