

# Take care of yourself



## Use Your Preventive Care Benefits

Taking charge of your health is easier than you think—and it starts with regular checkups and preventive care. That’s why your health plan covers a wide range of preventive services and immunizations at no cost. When you see a doctor within the neighborhood network, these services are fully covered. Visiting a doctor outside the network may require out-of-pocket costs. Not sure which services are right for you? Talk to your doctor or healthcare provider—they’ll help you make informed decisions and navigate your care with confidence.

### 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 preventative care, and your plan covers this at no cost to you. Diagnostic care is when you have symptoms and your doctor recommends services to determine what’s causing those symptoms. If you have diagnostic needs the Concierge Center is available to help you find a provider and advise of coverage.

### Pediatric Preventive Care\*

Preventive physical exams

#### Screenings/tests

- Alcohol, tobacco, and drug use assessments and behavioral counseling
- Autism screening for children at 18 and 24 months
- Blood pressure screening
- Behavioral assessment
- Dental health assessment and fluoride varnish when done as part of a pediatric visit
- Depression screening
- Developmental screening for children under age 3
- Hearing screening
- Hematocrit or hemoglobin screening
- Lead testing
- Newborn screening
- Obesity screening and counseling
- PrEP HIV medication
- Sexually transmitted disease screening and counseling
- Sickle cell screening for newborns
- Type 2 diabetes screening
- Vision screening when done as part of a pediatric visit

#### Immunizations

- Chickenpox (Varicella)
- Diphtheria, Tetanus, and Pertussis (DTaP)
- Haemophilus Influenza Type B
- Hepatitis A
- Hepatitis B
- Human Papillomavirus (HPV)
- Inactivated Poliovirus
- Influenza (flu shot)
- Measles
- Meningococcal
- Mumps
- Pneumococcal
- Rotavirus
- Rubella

\*Recommended ages and populations may vary.

## Screenings/tests

- Abdominal aortic aneurysm one-time screening
- Alcohol misuse: related screening and behavioral counseling
- Aspirin use
- Blood pressure screening
- Cholesterol screening
- Colorectal cancer screening
- Depression screening
- Diabetes (Type 2) screening
- Diet Counseling
- Falls prevention
- Hepatitis B screening
- Hepatitis C screening
- HIV screening and counseling
- Lung cancer screening
- Obesity screening and counseling
- PrEP HIV prevention medication
- Prostate cancer, including digital rectal exam and prostate-specific antigen (PSA) test
- Sexually transmitted infections: related screening and counseling
- Statin preventive medication
- Tobacco use: related screening and behavioral counseling
- Tuberculosis screening

## Immunizations

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

## Women's preventive care in addition to services listed above

- Breast cancer screening, including exam, mammogram and genetic testing for BRCA1 and BRCA2 when certain criteria are met
- Breastfeeding support and counseling from trained providers, and access to breastfeeding supplies, for pregnant and nursing women
- Contraception, including sterilization, approved by the Food and Drug Administration
- Counseling related to genetic testing for those with a family history of ovarian or breast cancer
- Expanded tobacco intervention and counseling
- Folic acid supplements for women who may become pregnant
- HPV screening
- Pelvic exams, including pap test
- Pregnancy screenings, including gestational diabetes, hepatitis B, urinary tract infection, preeclampsia, Rh incompatibility, syphilis, HIV and depression
- Well-woman visits



**For questions about preventive care, or any care needs, your dedicated Concierge Center is available for you, Monday–Friday, 8 am–6 pm.**

**Arizona: 800-974-4517 | California: 800-971-4153**  
**[connectedcarehealth.com](https://connectedcarehealth.com)**

\*Recommended ages and populations may vary.

The lists above are not all inclusive and may be updated due to changes in the Affordable Care Act (ACA). Please visit the [healthcare.gov/coverage/preventive-care-benefits/](https://healthcare.gov/coverage/preventive-care-benefits/) website for complete details of services and frequencies defined under the ACA provisions.

