

Take Care of Yourself

Use Your Preventive Care Benefits

Getting regular checkups and preventive exams helps to keep you healthy and well.

That's why your health plan offers all the preventive care services and immunizations below – at no cost to you. As long as you see a doctor in the neighborhood network, you won't have to pay anything for these services and immunizations. If you want to visit a doctor outside the neighborhood, you may have to pay out-of-pocket. Not sure which services make sense for you? Talk to your doctor or provider, they can help you navigate your care.

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 preventive 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, drug, tobacco screening and behavioral counseling
- Blood pressure screening
- Cervical dysplasia screening
- Cholesterol screening
- Dental health assessment and fluoride varnish when done as part of a pediatric visit
- Depression screening
- Development and behavior screening
- Healthy diet counseling
- Hearing screening
- Hemoglobin or hematocrit (blood count)
- Lead testing
- Newborn screening
- Obesity screening and counseling
- PrEP HIV medication
- Sexually transmitted disease screening and counseling
- Skin cancer risk counseling
- Type 2 diabetes screening
- Vision screening when done as part of a pediatric visit

Immunizations

- COVID-19
- 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 vary

Adult Preventive Care*

Preventive physical exams

Screenings/tests/medications

- Abdominal aortic aneurysm one-time screening
- Alcohol misuse: related screening and behavioral counseling
- Aortic aneurysm screening (men who have smoked)
- Aspirin use
- Healthy diet counseling
- Blood pressure screening
- Bone density test to screen for osteoporosis
- Cholesterol screening
- Colorectal cancer, including fecal occult blood test, barium enema, flexible sigmoidoscopy, screening colonoscopy and related prep kit, and computed tomography (CT) colonography (as appropriate)
- Depression screening
- Hepatitis B screening
- Hepatitis C screening
- HIV screening and counseling
- Lung cancer screening
- Obesity: related 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
- Type 2 diabetes screening

Immunizations

- COVID-19
- 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 BRCA 2 when certain criteria are met
- Breast, ovarian, peritoneal and tubal cancer counseling related to genetic testing
- Breastfeeding, primary care intervention to promote breastfeeding support, supplies and counseling
- 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
- Interpersonal and domestic violence screening and counseling
- Pelvic exams, including pap test
- Pregnancy screenings, including gestational diabetes, hepatitis B, urinary tract infection, preeclampsia, Rh incompatibility, syphilis, HIV and depression
- Syphilis screening
- Well-woman visits

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 website for complete details of services and frequencies defined under the ACA provisions.



For questions about preventive care, or any care needs, your dedicated Concierge Center is available for you.
Monday-Friday from 8 AM to 6PM Arizona 800-974-4517 | California 800-971-4153
Scan the QR code to access this document on your device.

