

*Detect potential problems early.*  
**Preventive Care**

The Affordable Care Act (ACA) provides for certain preventive services to be covered 100 percent when received by participating providers.

Preventive services are those provided when no symptoms or diagnosed medical conditions exist. For services to be covered as preventive, your doctor must bill claims with preventive codes. If a preventive service identifies a condition that needs further testing or treatment, regular copayments, coinsurance, or deductibles may apply.

Here are some some preventive services covered with no patient cost:

- Routine physical exam
- Routine vision exam
- Routine hearing exam
- Routine gynecological exam
- Routine Pap smear
- Screening mammogram
- Screening colonoscopy or Cologuard
- FDA-approved contraception

## Immunizations

Immunizations recommended by the Center for Disease Controls and Prevention (CDC) are covered 100 percent if received from a participating provider. To learn more, [CLICK HERE](#) or visit

<https://www.cdc.gov/chronicdisease/about/preventive-care/index.html>

Recently updated CDC recommendations, for details [CLICK HERE](#) Or visit

<https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html#addendum-adult>

Vaccine	CDC Recommendations*
Respiratory Syncytial Virus (RSV)	<ul style="list-style-type: none"> <li>• Pregnant women (between 32-36 weeks)</li> <li>• Adults 60+</li> </ul>
COVID-19	All persons 6 mo.+
Poliovirus (IPV)	Adults
Influenza	All persons 6 mo.+

*\*Always consult your doctor for personalized guidance.*

## Stay up to date on Cancer Screenings

Getting screening tests regularly may find breast, cervical, and colorectal (colon) cancers early, when treatment is likely to work best. Lung cancer screening is recommended for some people who are at high risk. [CLICK HERE](#) to learn more about CDC-recommended screening tests or visit

<https://www.cdc.gov/cancer/dccp/prevention/screening.htm>

Here are some screening services covered. Please refer to your Plan regarding coverage details.

- Breast Cancer Screening
- Cervical Cancer Screening
- Colorectal (Colon) Cancer Screening
- Lung Cancer Screening

*Questions?*

Refer to your plan details or let us help you by calling customer service at 1 (800) 662-5851.