

TAKE ADVANTAGE OF PREVENTIVE SERVICES



YOUR FAMILY'S RACE TO BETTER HEALTH BEGINS WITH A SINGLE STEP: Taking advantage of preventive health care services

Preventive checkups and screenings can help find illnesses and medical problems early and improve the health of you and everyone in your family.

Your health plan covers screenings and services with no out-of-pocket costs like copays or coinsurance as long as you visit a doctor in your plan's provider network. This is true even if you haven't met your deductible if your plan has one.

For more details on what preventive services are covered at no cost to you, refer to the back of this flier for a listing of services, call a Blue Cross and Blue Shield of Texas (BCBSTX) Personal Health Assistant toll-free at **(800) 252-8039**, see Covered Preventive Services in the Master Benefit Plan Document at www.healthselectoftexas.com on the Publications and Forms page.

Learn more on immunization recommendations and schedules by visiting the Centers for Disease Control and Prevention website at www.cdc.gov/vaccines.

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For questions about covered preventive care services, call a BCBSTX Personal Health Assistant toll-free at **(800) 252-8039**
Monday–Friday 7 a.m. - 7 p.m.
and Saturday 7 a.m. - 3 p.m. CT

THESE PREVENTIVE SERVICES ARE COVERED AT NO COST TO YOU WHEN YOU VISIT AN IN-NETWORK DOCTOR.¹

FOR ADULTS

Annual preventive medical history and physical exam



SCREENINGS FOR

- Abdominal aortic aneurysm
- Cardiovascular disease (CVD) including cholesterol screening and statin use for the prevention of CVD
- Colorectal and lung cancer
- Depression
- Falls prevention
- High blood pressure, obesity, diabetes and depression
- Sexually transmitted infections, HIV, HPV and hepatitis
- Tuberculosis

COUNSELING FOR

- Alcohol misuse
- Domestic violence
- Healthy diet and physical activity counseling for adults who are overweight or obese and have additional cardiovascular disease risk factors
- Weight loss
- Sexually transmitted infections
- Skin cancer prevention
- Tobacco use
- Use of aspirin to prevent heart attacks

JUST FOR WOMEN



- Breast cancer screening, genetic testing and counseling (mammography including digital breast tomosynthesis/3-D mammography)
- Breastfeeding support, supplies and counseling
- Certain contraceptive methods and counseling
- Cervical cancer screening
- Chlamydia, gonorrhea, syphilis, HIV and hepatitis B screenings
- Counseling for tobacco use during pregnancy
- Osteoporosis screening
- Screenings during pregnancy, including screenings for anemia, gestational diabetes, bacteriuria, Rh(D) compatibility, preeclampsia

¹ Under the Affordable Care Act, certain preventive health services are paid at 100% (at no cost to the participant) depending upon physician billing and diagnosis. In some cases, you may be responsible for payment on certain related services that are not guaranteed payment at 100% by the Affordable Care Act.

FOR CHILDREN

Annual preventive medical history and physical exam



SCREENINGS FOR

- Autism
- Cervical dysplasia
- Depression
- Developmental delays
- Dyslipidemia
- Hearing loss, hypothyroidism, sickle cell disease and phenylketonuria (PKU) in newborns
- Hematocrit or hemoglobin
- Lead poisoning
- Obesity
- Sexually transmitted infections and HIV
- Tuberculosis
- Vision screening

ASSESSMENTS AND COUNSELING

- Alcohol and drug use assessment for adolescents
- Obesity counseling
- Oral health risk assessment, dental caries prevention fluoride varnish and oral fluoride supplements
- Skin cancer prevention counseling

CERTAIN VACCINES

Learn more on immunization recommendations and schedules by visiting: www.cdc.gov/vaccines



- Diphtheria, Pertussis, Tetanus
- Haemophilus Influenzae Type B (Hib)
- Hepatitis A and B
- Human Papillomavirus (HPV)
- Inactivated Poliovirus (Polio)
- Influenza (Flu)
- Measles, Mumps, Rubella (MMR)
- Meningitis
- Pneumococcal
- Rotavirus
- Varicella (Chicken Pox)
- Zoster (Herpes, Shingles)