

Take care of yourself

Use your preventive care benefits

Getting regular checkups and exams can help you stay healthy and catch problems early – when they're easier to treat.

These preventive care services are recommendations of the Affordable Care Act (ACA or health care reform law). They may not be right for every person, so ask your doctor what's right for you.

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100% - - ()

- Meet certain age requirements and other rules.
- Get prescriptions from plan providers and fill them at plan pharmacies.
- Have prescriptions, even for OTC items.

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- Aspirin use (81 mg and 325 mg) for the prevention of cardiovascular disease, preeclampsia and colorectal cancer in adults less than 70 years old.
- Colonoscopy prep kit (generic or OTC only) when prescribed for preventive colon screening
- Generic low to moderate dose statins for members that are 40-75 years and have 1 or more CVD risk factors (dyslipidemia, diabetes, hypertension, or smoking)
- Tobacco-cessation products, including all FDA-approved brand and generic OTC and prescription products, female aged 18-21 (a8(c)(2)(e)-14 (s)(m)(3)(d)(n)(7)

1 The range of preventive care services covered at no cost share when provided by plan doctors is designed to meet state and federal requirements. The Department of Health and Human Services decided which services to include for full coverage based on U.S. Preventive Services Task Force A and B recommendations, the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC), and certain guidelines for infants, children, adolescents and women supported by Health Resources and Services Administration (HRSA) Guidelines. You may have additional coverage under your insurance policy. To learn more about what your plan covers, see your Certificate of Coverage or call the Member Services number on your ID card.

2 Some plans cover additional vision services. Please see your contract or Certificate of Coverage for details.

3 You may be required to get preapproval for these services.

4 Check your medical policy for details.

5 Breast pumps and supplies must be purchased from plan providers for 100% coverage. We recommend using plan durable medical equipment (DME) suppliers.

6 This benefit also applies to those younger than 18 (6) (1) (E) (T) (1) (0) (1) (F) (5) (9) (8) (6) (7) (0) (0) (5) (9) (9) (8) (6) (7) (0) (0) (B) (T) (1) (9) (8) (1) (F) (5) (9) (8) (6) (7) (0) (5) (6) (2) (3) (9) (0) (8) (1) (6) (9) (0) (2) (2) (3) (9) (4) (T) (m) (1) (0) (2) (f) (1) (1) (c) (2) (1) (f) (0) (p) (e) (4) (8) (This benefit)