

# Take care of yourself

## Remember to get preventive care

Getting regular checkups and exams can help you stay well and catch problems early. It may even save your life.

Our health plans and policies cover 100% payment of the services listed in this preventive care flier.<sup>1</sup> When you get these services from doctors in your plan's network, you don't have to pay anything out of your own pocket. You may have to pay part of the costs if you use a doctor outside the network.

### Preventive versus diagnostic care

What's the difference? Preventive care helps protect you from getting sick. Diagnostic care is used to find the cause of existing illnesses.

For example, say your doctor suggests you have a colonoscopy because of your age when you have no symptoms. That's preventive care. On the other hand, say you have symptoms and your doctor suggests a colonoscopy to see what's causing your symptoms. That's diagnostic care.

[Here's a listing of the types of preventive services we cover. See your benefit plan to learn more.](#)

### Child preventive care (birth through 18 years)

Preventive care physical exams are covered. So are the screenings, tests and vaccines listed here. The preventive care services listed below may not be right for every person. Ask your doctor what's right for you.

#### Preventive physical exams

##### Screening tests (depending on your age) may include

- Behavioral screening and counseling to promote a healthy diet
- Blood pressure
- Cervical dysplasia screening
- Cholesterol and lipid level
- Depression screening
- Development and behavior screening
- Type 2 diabetes screening
- Hearing screening
- Height, weight and body mass index (BMI)
- Hemoglobin or hematocrit (blood count)
- Lead testing
- Newborn screening
- Screening and counseling for obesity
- Oral (dental health) assessment
- Screening and counseling for sexually transmitted infections
- Vision<sup>2</sup> screening

##### Immunizations

- Diphtheria, tetanus and pertussis (whooping cough)
- Haemophilus influenza type b (Hib)
- Hepatitis A
- Hepatitis B
- Human papillomavirus (HPV)
- Influenza (flu)
- Measles, mumps and rubella (MMR)
- Meningococcal (meningitis)
- Pneumococcal (pneumonia)
- Polio
- Rotavirus
- Varicella (chicken pox)

## Adult preventive care (19 years and older)

Preventive care physical exams are covered. So are the screenings, tests and vaccines listed here. The preventive care services listed below may not be right for every person. Ask your doctor what's right for you.

### Preventive physical exams

#### Screening tests and services (depending on your age) may include

- Aortic aneurysm screening (men who have smoked)
- Blood pressure
- Bone density test to screen for osteoporosis
- Breast cancer, including exam and mammogram
- Breastfeeding support, supplies and counseling (female)<sup>3,4</sup>
- Cholesterol and lipid (fat) level
- Colorectal cancer, including fecal occult blood test, barium enema, flexible sigmoidoscopy, screening colonoscopy and CT colonography (as appropriate)
- Contraceptive (birth control) counseling and FDA-approved contraceptive medical services provided by a doctor, including sterilization (female)<sup>4,5</sup>

#### Depression screening

#### Type 2 diabetes screening

#### Eye chart test for vision<sup>2</sup>

#### Hearing screening

#### Height, weight and BMI

#### HIV screening and counseling

#### HPV screening (female)<sup>7</sup>

#### Intervention services (includes counseling and education):

#### Behavioral counseling to promote a healthy diet

#### Counseling related to aspirin use for the prevention of cardiovascular disease (does not include coverage for aspirin)

#### Counseling related to genetic testing for women with a family history of breast or ovarian cancer

#### Counseling related to chemoprevention for women with a high risk of breast cancer

#### Primary care intervention to promote breastfeeding

#### Screening and behavioral counseling related to alcohol misuse



### Immunizations

- Pelvic exam and Pap test, including screening for cervical cancer
- Prostate cancer, including digital rectal exam and PSA test
- Screenings during pregnancy (including, but not limited to, gestational diabetes<sup>8</sup>, hepatitis, asymptomatic bacteriuria, Rh incompatibility, syphilis, iron deficiency anemia, gonorrhea, chlamydia and HIV)
- Screening and counseling for sexually transmitted infections

#### Diphtheria, tetanus and pertussis (whooping cough)

#### Hepatitis A

#### Hepatitis B

#### HPV

#### Influenza (flu)

#### Meningococcal (meningitis)

#### MMR

#### Pneumococcal (pneumonia)

#### Varicella (chicken pox)

#### Zoster (shingles)

This sheet is not a contract or policy with Anthem. If there is any difference between this sheet and the policy, the provisions of the policy will govern. Please see your combined Evidence of Coverage and Disclosure Form or Certificate for Exclusions & Limitations.

- The range of preventive care services covered at no cost share when provided in-network are designed to meet the requirements of federal and state law. The Department of Health and Human Services has defined the preventive services to be covered under federal law with no cost-share as those services described in the U.S. Preventive Services Task Force (ACIP) of the Centers for Disease Control and Prevention (CDC), and certain guidelines for infants, children, adolescents and women supported by the Health Resources and Services Administration (HRSA) guidelines. You may have additional coverage under your Colorado insurance policy. To learn more about what your plan covers, see your certificate of coverage or call the customer care number on your ID card.
- Some plans and policies cover additional vision services. Please see your contract or Certificate of Coverage for details.
- Breast pumps and supplies must be purchased from an in-network medical equipment (DME) supplier.
- This benefit is covered under health care reform's women's preventive services. For group plan members, these services are covered with policy years beginning after August 1, 2012. For members with individual coverage, these benefits are effective for new members on or after August 1, 2012 and for current members on January 1, 2013. This benefit also applies to those younger than 19.
- To get 100% coverage for a covered prescription for birth control, it must be a generic drug or a brand-name drug that doesn't have a generic equivalent. Also, you'll need to fill the prescription at an in-network pharmacy. A cost-share may apply for other prescription contraceptives, based on your drug benefits.

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