



## Stay Healthy with Preventive Care

Preventive health focuses on *preventing* disease and maintaining good health. When you treat a disease early, before it's had a chance to spread, it'll be much easier to manage or eliminate the disease. Preventive care can include immunizations, lab tests, physical exams and prescriptions.

### Essential Health Benefits

Your health plan must cover the following 10 essential benefits:

1. Preventive and wellness services and chronic disease management
2. Emergency care
3. Ambulatory patient services
4. Hospitalization
5. Pregnancy, maternity and newborn care
6. Mental health and substance-use disorder services  
(including behavioral health treatment)
7. Prescription drugs
8. Rehabilitative and habilitative services and devices
9. Laboratory services
10. Pediatric services, including dental and vision

Your company's preventive care program covers a large number of health issues and is designed to keep you healthy. All preventive services are covered 100 percent when you go to an in-network provider.

However, not every single preventive service is automatically available. Many are for adults who are considered higher risk by a primary care doctor. Talk to your primary care doctor to discuss your preventive healthcare plan.



Arkansas  
**BlueCross BlueShield**

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## Covered Preventive Services

- Abdominal aortic aneurysm (men 65-75)
- Alcohol misuse screening and counseling
- Aspirin (men 45-79; women 55-79)
- Blood pressure screening
- Cholesterol screening (men 35+; women 45+)
- Colorectal cancer screening (every 10 years, age 50-75)
- Depression
- Type 2 diabetes
- Diet
- HIV
- Obesity screening and counseling
- Sexually transmitted infection prevention counseling
- Syphilis screening
- Tobacco use screening and intervention help
- PSA test

## Women / Pregnant Women

- Anemia
- Bacteriuria
- BRCA counseling
- Breast cancer mammography screening (every 1-2 years, women 40+)
- Breast cancer chemoprevention counseling
- Breastfeeding support
- Cervical cancer screening
- Chlamydia infection screening
- Contraception (FDA-approved)
- Domestic and interpersonal violence screening
- Folic acid supplements
- Gestational diabetes screening (women 24-28 weeks pregnant, or high risk)
- Gonorrhea screening
- Hepatitis B screening
- Human papillomavirus (HPV) DNA test (women 30+)
- Osteoporosis (women 60+)
- Rh incompatibility
- Well-woman visits

## Immunization

Immunizations are available to all adults and children, with some exceptions.

- Haemophilus type B (children only)
- Hepatitis A
- Hepatitis B
- Herpes zoster
- Human papillomavirus
- Inactivated poliovirus (children only)
- Influenza (flu shot)
- Measles, mumps, rubella
- Meningococcal
- Pneumococcal
- Rotavirus (children only)
- Tetanus, diphtheria, pertussis
- Varicella

## Newborns & Children

- Alcohol and drug use
- Congenital hypothyroidism screening (newborn)
- Depression screening (age 12-18)
- Dyslipidemia screening
- Fluoride chemoprevention
- Hearing screening (newborn)
- Height, weight and body mass index
- Hematocrit or hemoglobin screening
- Hemoglobinopathies or sickle cell screening (newborn)
- HIV screening
- Immunization vaccines (see above)
- Iron supplements (6 to 12 months)
- Obesity screening and counseling
- Phenylketonuria screening (newborn)
- Sexually transmitted infection prevention counseling and screening
- Vision screening (age 5 or younger)

Always check with your primary care doctor before receiving a preventive service, to make sure it's recommended by the doctor and covered with no copay, coinsurance or deductible.