

# PREVENTIVE CARE SAVES LIVES

## GET YOUR PREVENTIVE EXAM



A preventive exam helps find health conditions before they become serious. It helps you to know if you are at risk for disease. It considers your family history and conditions you already have. It even looks at your lifestyle behaviors.

A preventive exam may include screenings. Screenings tell your numbers for blood pressure, cholesterol, blood glucose and more. Knowing these can help you and your doctor make changes to improve your health and reduce your risk.

### MOST PREVENTIVE CARE IS COVERED 100 PERCENT

You are covered for preventive care. Most is covered 100 percent if you see a network provider. There may be fees for certain services or procedures during your preventive care visit. Remind your doctor that you are there for your routine preventive exam so your visit is properly billed.

### PREVENTIVE CARE OR DIAGNOSTIC CARE – WHAT'S THE DIFFERENCE?

Preventive care is when you go to a doctor for a checkup only. This means that you do not have symptoms of illness or a medical history that requires treatment or screening. Your preventive care should be covered at 100 percent. It should not be subject to your plan's deductible or coinsurance.

Diagnostic care is when you go to a doctor for symptoms or a medical condition. You may have exams or screenings to diagnose, monitor or treat your condition. These services are not covered 100 percent. They are subject to your plan's deductible and coinsurance.

### LEARN MORE ABOUT PREVENTIVE CARE

Review the list of recommended preventive exams and screenings. Schedules for adults and children are on your member website. Learn more about preventive care. Talk to your doctor. Or contact a Blues On Call<sup>SM</sup> health coach directly at 1-888-BLUE-428 (1-888-258-3428).



### SCHEDULE YOUR PREVENTIVE CARE EXAM TODAY

Don't wait until you get sick to see your doctor. Schedule a preventive care exam today.

Highmark Blue Cross Blue Shield is an independent licensee of the Blue Cross and Blue Shield Association.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。

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