



**Take care of yourself.
Take advantage of your
preventive care benefits.**

Regular preventive care can help you stay well, catch problems early on and may be potentially life saving. To support and surpass health care reform recommendations, most Anthem Blue Cross and Blue Shield (Anthem) plans cover 100% of covered preventive care services¹ like screenings, immunizations and exams. If you visit in-network providers, you don't have to worry about any out-of-pocket costs for preventive care services. If you use an out-of-network provider, your deductible and out-of-network expenses may apply.

Here's an overview of the types of preventive services covered under most Anthem plans. Refer to your *Summary of Benefits* to learn more.

Preventive vs. diagnostic care

What's the difference? Preventive care is generally precautionary. For example, if your doctor recommends having a colonoscopy because of your age or family history, that's preventive care. But, if your doctor recommends a colonoscopy to investigate symptoms you're having, that's diagnostic care, and your plan cost share will apply.

Please note, the preventive care services below are not recommended for all individuals and appropriateness may be determined by the treating physician and recommendation guidelines.

¹ Preventive care services that meet the requirements of federal and state law, including certain screenings, immunizations and physician visits.

This is not a contract or policy. This sheet is not a contract with Anthem. If there is any difference between this sheet and the group policy, the provisions of the group policy will govern. Anthem plans cover preventive services that are recommended by such agencies as the U.S. Preventive Services Task Force, the American Cancer Society®, the Advisory Committee on Immunization Practices, the American Academy of Pediatrics, the American Academy of Family Physicians and the Health Resources and Services Administration (HRSA). Please talk with your doctor about specific racial/ethnic guidelines. This summary of preventive care and physical exam benefits is a brief overview. Preventive health guidelines reflected in this document are recommendations for individuals of average risk. Individuals who are higher-risk, including but not limited to those in certain racial/ethnic groups or with personal/family medical history, should check with his/her health care provider for preventive health guidance. Some plans offer the option for each family member ages 7 to adult to choose between the physical exam and the HealthyCheck™ screenings. Please see your combined Evidence of Coverage and Disclosure Form or Certificate for Exclusions & Limitations.

Child preventive care (birth to 21 years)

Preventive physical exams

Screening tests include:

- Vision screening²
- Hearing screening
- Oral health assessment
- Screening for lead exposure
- Screening for anemia
- Screening for tuberculosis
- Pelvic exam and Pap test, including screening for cervical and ovarian cancer
- Newborn screenings including sickle cell anemia
- Developmental and behavioral assessments
- Cholesterol and lipid level screening
- Screening for depression

- Screening and counseling for obesity
- Behavioral counseling to promote a healthy diet
- Screening for sexually transmitted infections

Immunizations:

- Hepatitis A
- Hepatitis B
- Diphtheria, tetanus, pertussis (DtaP)
- Varicella (chicken pox)
- Influenza (flu shot)
- Pneumococcal conjugate (pneumonia)
- Human papillomavirus (HPV)
- Hib influenza type b
- Polio
- Measles, mumps, rubella (MMR)
- Meningococcal polysaccharide
- Rotavirus

Adult preventive care (22 years and older)

Preventive physical exams

Screening tests include:

- Eye chart vision screening²
- Hearing screening
- Cholesterol and lipid level screening
- Depression screening
- Diabetes screening
- Prostate cancer screenings including digital rectal exam and PSA test
- Breast exam, breast cancer screening, including mammography
- Pelvic exam and Pap test, including screening for cervical and ovarian cancer
- Screening for sexually transmitted infections
- HIV test
- Bone density test to screen for osteoporosis
- Colorectal cancer screening including fecal occult blood test, barium enema, flexible sigmoidoscopy and screening colonoscopy
- Aortic aneurysm screening
- Pregnancy screenings (including hepatitis, asymptomatic bacteriuria, Rh incompatibility, syphilis, iron deficiency anemia, gonorrhea, chlamydia)

- Intervention services to include counseling and education including the following:
 - Screening and counseling for obesity
 - Counseling related to genetic testing for breast and ovarian cancer
 - Behavioral counseling to promote a healthy diet
 - Primary care intervention to promote breastfeeding
 - Counseling related to aspirin use for the prevention of cardiovascular disease
 - Screening and behavioral counseling related to tobacco use
 - Screening and behavioral counseling related to alcohol abuse

Immunizations:

- Hepatitis A
- Hepatitis B (expanded codes)
- Diphtheria, tetanus, pertussis (DtaP)
- Varicella (chicken pox)
- Influenza (flu shot)
- Pneumococcal conjugate (pneumonia)
- Human papillomavirus (HPV)
- Measles, mumps, rubella (MMR)
- Meningococcal polysaccharide
- Herpes zoster (shingles)

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