Take care of yourself.
Use your preventive care benefits.

Getting regular checkups and exams can help you stay well and catch problems early. It may even save your life because earlier diagnosis of an illness often means a greater chance of full recovery.

Our health plans offer the services listed in this flyer at no cost to you.1 When you get these services from doctors in your plan’s network, you don’t have to pay anything out of your own pocket. If you use a doctor outside the network, you may have to pay part of the costs.

**Preventive versus diagnostic care**

What’s the difference? Preventive care focuses on preventing disease and maintaining good health. 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 them. That’s diagnostic care.

**Child preventive care**

(18 years and younger, unless otherwise noted)

**Preventive physical exams**

**Screening tests:**

- Behavioral 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)
- HPV screening (female)
- Lead testing
- Newborn screening
- Screening and counseling for obesity
- Counseling for those ages 10 to 24 about ways to lower their risk for skin cancer
- Oral (dental health) assessment when done as part of a preventive care visit
- Screening and counseling for sexually transmitted infections
- Tobacco use: related screening and behavioral counseling
- Vision screening2 when done as part of a preventive care visit

**Immunizations:**

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

**Pharmacy items — age appropriate:**

- Fluoride supplements (generic prescription or generic over the counter, or OTC) for children from 6 months through 5 years
- Iron supplements (generic prescription or generic OTC) for children 6 to 12 months
Adult preventive care

Preventive physical exams

Screening tests:
- Alcohol misuse: related screening and behavioral counseling
- Aortic aneurysm screening (men who have smoked)
- Behavioral counseling to promote a healthy diet
- Blood pressure
- Bone density test to screen for osteoporosis
- Cholesterol and lipid (fat) level
- Colorectal cancer, including fecal occult blood test, barium enema, flexible sigmoidoscopy, screening colonoscopy and related prep kit and CT colonography (as appropriate)
- Depression screening
- Hepatitis C virus (HCV) for people at high risk for infection and one-time screening for adults born between 1945 and 1965
- Type 2 diabetes screening
- Eye chart test for vision
- Hearing screening
- Height, weight and BMI
- HIV screening and counseling
- Lung cancer screening for those ages 55 to 80 who have a history of smoking 30 packs per year and still smoke, or quit within the past 15 years
- Obesity: related screening and counseling
- Prostate cancer, including digital rectal exam and PSA test
- Sexually transmitted infections: related screening and counseling

Immunizations:
- Diphtheria, tetanus and pertussis (whooping cough)
- Hepatitis A and Hepatitis B
- HPV
- Influenza (flu)
- Meningococcal (meningitis)

Pharmacy items — age appropriate:*
- Aspirin (generic OTC, 81mg or 325mg) use for the prevention of cardiovascular disease including aspirin for men ages 45 to 79 and women ages 55 to 79
- Low dose aspirin (81 mg) for pregnant women who are at increased risk of preeclampsia.
- Colonoscopy prep kit (generic prescription or generic OTC only) when prescribed for preventive colon screening: limit two kits per year
- Tobacco cessation products including select generic prescription drugs, select brand-name drugs with no generic alternative, and generic FDA-approved OTC products, for 18 and older
- Contraceptives including generic prescription drugs, brand-name drugs with no generic alternative, and over-the-counter items like female condoms or spermicides
- Folic acid 0.4mg to 0.8mg strengths (generic prescription or generic OTC) for women through the age of 50
- Tobacco use: related screening and behavioral counseling
- Screening and counseling for interpersonal and domestic violence
- Well-woman visits
- Pelvic exam and Pap test, including screening for cervical cancer
- Counseling related to genetic testing for women with a family history of ovarian or breast cancer
- Breast cancer, including exam, mammogram, and, including genetic testing for BRCA 1 and BRCA 2 when certain criteria are met
- Counseling related to chemoprevention for women with a high risk of breast cancer
- Pregnancy screenings: includes, but is not limited to, gestational diabetes, hepatitis, asymptomatic bacteriuria, Rh incompatibility, syphilis, iron deficiency anemia, gonorrhea, chlamydia and HIV
- Breast-feeding: primary care intervention to promote breast-feeding support, supplies and counseling (female)
- Contraceptive (birth control) counseling
- FDA-approved contraceptive medical services provided by a doctor, including sterilization
- HPV screening

*For 100% coverage of OTC drugs and other pharmacy items listed, the person receiving the item(s) must meet the age and other specified criteria. You need to work with your in-network doctor or other in-network health care provider to get a prescription for the item(s) and take the prescription to an in-network pharmacy. Even if you won’t need a prescription to buy the item(s), you will need a prescription if you want the item(s) covered at 100%.

1. The preventive care services listed are recommendations as a result of the Affordable Care Act (ACA) and must be properly coded as preventive care under the ACA. The services listed may not be right for every person. Ask your doctor what’s right for you, based on your age and health condition(s). 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 A 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 the 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 Customer Service 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 prior authorization for these services.

4. Check your medical policy for details.

5. Breast pumps and supplies must be purchased from an in-network medical provider for 100% coverage; we recommend using an in-network durable medical equipment (DME) supplier.

6. This benefit also applies to those younger than 19.

7. A cost share may apply for other prescription contraceptives, based on your drug benefits.

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

Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. is an independent licensee of the Blue Cross and Blue Shield Association. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.