

# Preventive Services at NO COST to you even before you've met your deductible

No matter your age or gender, there are preventive care services available for you. Preventive care may help you—and those you love—discover a health issue before it becomes a serious problem.

Did you know that certain preventive healthcare services are covered at 100% with no deductible? This means no additional out-of-pocket cost to you. These services can include:

- Annual physical/wellness exam
- Blood pressure, diabetes and cholesterol tests
- Cancer screenings, including mammograms and colonoscopies
- Routine vaccinations against diseases like measles, meningitis and polio
- Regular well-baby and well-child visits, from birth to age 20
- And more! (See next page)

**Talk to your primary care physician (PCP) about these services and make an appointment today!**

For more information on your health plan benefits, log in to the member portal at [MyBSWHealth.com](http://MyBSWHealth.com) or call the Customer Service phone number on your member ID card.



Eligibility for some preventive care services may be subject to the member's age, gender and other stipulations. Refer to your plan documents for additional

SWHP\_GN\_Preventive



## CHILDREN AND ADOLESCENTS

Immunizations	Childhood Health Screenings	Newborns	Adolescent Health Screenings
<ul style="list-style-type: none"> <li>• Diphtheria, tetanus, pertussis</li> <li>• Haemophilus influenza type B</li> <li>• Hepatitis A and B</li> <li>• Human papillomavirus (HPV)</li> <li>• Influenza (Flu)</li> <li>• Measles, mumps, rubella</li> <li>• Meningococcal</li> <li>• Pneumococcal (pneumonia)</li> <li>• Inactivated poliovirus</li> <li>• Rotavirus</li> <li>• Varicella (chickenpox)</li> <li>• Adenovirus</li> <li>• Anthrax</li> <li>• BCG</li> <li>• Lyme disease</li> <li>• Rabies</li> <li>• Typhoid</li> <li>• Yellow fever</li> <li>• Cholera</li> <li>• Plague</li> <li>• Japanese encephalitis</li> </ul>	<ul style="list-style-type: none"> <li>• Medical history for all children throughout development</li> <li>• Height, weight, and body mass index (BMI) measurements</li> <li>• Developmental screening</li> <li>• Autism screening</li> <li>• Behavioral assessment</li> <li>• Vision screening</li> <li>• Oral health risk assessment</li> <li>• Hematocrit or hemoglobin screening</li> <li>• Obesity screening and weight management counseling</li> <li>• Iron supplements</li> <li>• Fluoride supplements</li> <li>• Lead screening</li> <li>• Dyslipidemia screening</li> <li>• Tuberculin testing</li> </ul>	<ul style="list-style-type: none"> <li>• Screening for hearing loss, hypothyroidism, sickle cell disease and phenylketonuria (PKU)</li> <li>• Gonorrhea preventive medication for eyes</li> </ul>	<ul style="list-style-type: none"> <li>• Depression screening</li> <li>• Screening for unhealthy drug use</li> <li>• Counseling to prevent sexually transmitted infections</li> <li>• Cervical dysplasia screening</li> <li>• HIV screening</li> </ul>

## ADULTS

Immunizations	General Health Screenings	Health Counseling	Cancer Screenings
<ul style="list-style-type: none"> <li>• Hepatitis A and B</li> <li>• Herpes zoster (Shingles)</li> <li>• Human papillomavirus (HPV)</li> <li>• Influenza (Flu)</li> <li>• Shingles (age 50+)</li> <li>• Measles, mumps, rubella</li> <li>• Meningococcal</li> <li>• Pneumococcal (pneumonia)</li> <li>• Tetanus, diphtheria, pertussis</li> <li>• Varicella (chickenpox)</li> <li>• Adenovirus</li> <li>• Anthrax</li> <li>• Tuberculosis (BCG)</li> <li>• Lyme disease</li> <li>• Rabies</li> <li>• Typhoid</li> <li>• Yellow fever</li> <li>• Cholera</li> <li>• Plague</li> <li>• Japanese encephalitis</li> </ul>	<ul style="list-style-type: none"> <li>• Blood pressure screening</li> <li>• Cholesterol screening</li> <li>• Type 2 diabetes screening</li> <li>• HIV and sexually transmitted infections screenings</li> <li>• Cardiovascular disease testing<sup>1</sup></li> <li>• Hepatitis C infection screening (age 18–79)</li> <li>• Tobacco use screening</li> </ul>	<p>Doctors are encouraged to counsel patients about these health issues and refer them to the appropriate resources, as needed:</p> <ul style="list-style-type: none"> <li>• Healthy diet</li> <li>• Weight loss</li> <li>• Tobacco use</li> <li>• Alcohol misuse</li> <li>• Depression</li> <li>• Prevention of sexually transmitted infections (STIs)</li> <li>• Use of aspirin to prevent cardiovascular disease</li> </ul>	<ul style="list-style-type: none"> <li>• Breast cancer mammography</li> <li>• Breast cancer chemoprevention counseling</li> <li>• Cervical cancer pap test for women</li> <li>• Colorectal cancer screening including fecal occult blood testing, sigmoidoscopy, or colonoscopy<sup>2</sup></li> </ul>

MEN	WOMEN	PREGNANT WOMEN
<ul style="list-style-type: none"> <li>• Abdominal aortic aneurysm one-time screening (age 65+)</li> <li>• Prostate screening (PSA)</li> </ul>	<ul style="list-style-type: none"> <li>• Osteoporosis screening</li> <li>• Chlamydia infection screening</li> <li>• Gonorrhea and syphilis screening</li> <li>• BRCA counseling about genetic testing</li> <li>• Contraceptive counseling</li> <li>• FDA approved contraception methods, sterilization, and procedures</li> </ul>	<ul style="list-style-type: none"> <li>• Diabetes screening</li> <li>• Folic acid supplements</li> <li>• Anemia screening for iron deficiency</li> <li>• Tobacco cessation counseling</li> <li>• Syphilis screening</li> <li>• Hepatitis B screening</li> <li>• Rh incompatibility blood type testing</li> <li>• Bacteriuria urinary tract infection screening</li> <li>• Breastfeeding education and supplies</li> </ul>

<sup>1</sup> Cardiovascular Disease Testing: We cover one noninvasive screening test for men (over 45) and women (over 55) who are diabetic or have a risk of developing coronary heart disease, based on a score derived from the Framingham Health Study coronary prediction algorithm, that is Intermediate or higher. We cover up to \$200 for one of the following noninvasive screening tests for atherosclerosis and abnormal artery structure and function every five years: computed tomography (CT) scanning (measuring coronary artery calcification) or an ultrasonography (measuring carotid Intima-media thickness and plaque). This test is subject to the applicable deductible and coinsurance.

<sup>2</sup> The US Preventive Services Task Force recommends screening for colorectal cancer starting at age 50 years and continuing until age 75 years by one of the following methods: Colonoscopy every 10 years, Fecal occult blood test every year, or FIT test every year.