

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.

Depending on your benefit plan, certain preventive healthcare services are covered at 100% with no deductible. This could mean 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)

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

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

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 details on preventive care.

CHILDREN AND ADOLESCENTS

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

ADULTS

Immunizations	General Health Screenings	Health Counseling	Cancer Screenings
<ul style="list-style-type: none"> • Hepatitis A and B • Human papillomavirus (HPV) • Influenza (Flu) • Shingles (age 50+) • Measles, mumps, rubella • Meningococcal • Pneumococcal (pneumonia) • Tetanus, diphtheria, pertussis • Varicella (chickenpox) 	<ul style="list-style-type: none"> • Blood pressure screening • Cholesterol screening • Type 2 diabetes screening • HIV and sexually transmitted infections screenings • Cardiovascular risk assessment • Hepatitis C infection screening (age 18–79) • Tobacco use screening • Prediabetes and Type 2 Diabetes 	<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"> • Healthy diet • Weight loss • Tobacco use • Alcohol misuse • Depression • Prevention of sexually transmitted infections (STIs) • Use of aspirin to prevent cardiovascular disease 	<ul style="list-style-type: none"> • Breast cancer mammography • Breast cancer chemoprevention counseling • Cervical cancer pap test for women • Colorectal cancer screening including fecal occult blood testing, sigmoidoscopy, or colonoscopy¹ • Lung cancer for adults aged 50–80 years who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years • BRCA counseling about genetic testing

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

¹The US Preventive Services Task Force recommends screening for colorectal cancer starting at age 45 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.

Your benefit plan documents can help you determine how much you'll pay for the services listed above. In many cases, copayments can be as low as \$0.