

Preventive Care

You take your car to the shop for routine maintenance, so why wouldn't you do the same for yourself? Staying healthy is easy if you take advantage of **FREE** preventive care! Most preventive care services are free to you under your medical plan when you use a Tier 1 or Tier 2 health care provider. Below is a list of preventive care services covered at 100% when you use Tier 1 or Tier 2 providers. Make sure your doctor's visit is coded correctly, as preventive care only, so it's free or low-cost for you.

Covered preventive services for adults

Screenings for:

- Alcohol misuse (covered benefit during pregnancy only)
- Blood pressure
- Cervical cancer
- Cholesterol (for adults of certain ages or at higher risk)
- Colorectal cancer
- Depression
- HIV (for all adults at higher risk)
- Obesity
- Osteoporosis
- Preventive mammogram
- Routine digital rectal exam/prostate-specific antigen test (PSA) for males
- Syphilis (for all adults at higher risk)
- Tobacco use
- Type 2 diabetes (for adults with high blood pressure)

Immunizations:

Doses, recommended ages, and recommended populations vary

- COVID-19
- Diphtheria, pertussis, tetanus (DPT)
- Hepatitis A and/or B
- Herpes zoster (shingles)
- Human papillomavirus (HPV)
- Influenza (Flu shot)

- Measles, mumps, rubella (MMR)
- Meningococcal (meningitis)
- Pneumococcal (pneumonia)
- RSV (respiratory syncytial virus), age 60 and older
- Varicella (chicken pox)

Additional covered preventive services for women

Screenings for:

- Breast cancer (mammography)
- Cervical cancer
- Osteoporosis

Covered preventive services for children

- Well-child visits

Immunizations:

From birth to age 18 — doses, recommended ages, and recommended populations vary

- COVID-19 (eligible participants only)
- Diphtheria, pertussis, tetanus (DPT)
- Haemophilus influenzae type b
- Human papillomavirus (HPV)
- Inactivated poliovirus
- Influenza (Flu shot)
- Measles, mumps, rubella (MMR)
- Meningococcal (meningitis)
- Pneumococcal (pneumonia)
- Rotavirus Influenza (shot)