



## *Taking Advantage of* **Preventive Services**

### **Your New Health Insurance Covers Many Preventive Health Services For Your Family**

Preventive check-ups and screenings can help find illnesses and medical problems early and improve the health of you and everyone in your family.

Your new health plan will cover screenings and services with no out-of-pocket costs like copays or coinsurance as long as you visit a doctor in your plan's provider network. This is true even if you haven't met your deductible.

### **Some Available Services**

- Annual exams and well-child visits
- Recommended vaccines and flu shots
- Screenings for high blood pressure, high cholesterol, diabetes and depression
- Cancer screenings such as mammograms, cervical and colorectal exams
- Obesity screening and counseling
- Alcohol abuse and tobacco use screenings, and help to stop

*Think* Blue<sup>SM</sup>



BlueCross BlueShield of Texas

The information provided in this document is based on current information, should not be considered comprehensive and should not be relied upon for benefit decisions. It should not be considered legal or tax advice.

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, an Independent Licensee of the Blue Cross and Blue Shield Association

TB0073.1114

## For Women

- Well-woman visits
- Anemia screening
- Breast cancer genetic test counseling
- Chlamydia Infection, Gonorrhea and Hepatitis B screenings
- Human Papillomavirus (HPV) DNA test
- Gestational diabetes screening
- Osteoporosis screening

## For Men

- Abdominal Aortic Aneurysm screening

## For Children

- Developmental screening
- Height, weight and body mass index measurements
- Vaccines and flu shots
- Autism screening
- Behavior assessments
- Blood pressure, hearing and vision screenings
- Depression screenings
- Iron supplements
- Lead screening
- Oral health risk assessment

