



STAY IN THE RACE WITH PREVENTIVE CARE



You don't need to feel sick to see your doctor. In fact, the best time to go is when you feel well. Maybe you need a flu shot or a screening test. Or maybe you're just looking for some health tips. That's preventive care - and it can help you stay healthy or catch health issues early.

Check in for a checkup

Preventive care starts with a yearly physical. Yearly checkups can reassure you that you're as healthy as you feel. Or prompt you to ask about changes in your body that might not be normal.

What to expect

During a checkup, you can get the right screenings for your age, gender and health status. And your doctor can spot symptoms that could be signs of something more serious.

Your doctor will also measure your height and weight and might also check your blood sugar, cholesterol and blood pressure. These results, along with your health history, give a clearer picture of your health so your doctor can build a personal care plan for you.

Other health checks

A checkup can also include:

- Shots for the flu, pneumonia or other illnesses
- Test for diabetes or other conditions
- Pregnancy counseling and screenings
- Cancer screenings, including colonoscopies and mammograms

Preventive care isn't limited to shots and screenings. Honest talks with your doctor about a healthy lifestyle - like eating better, exercising or stopping smoking - count, too.

Take charge of your health

Our health plan fully covers preventive care. So you and your family can get these services at no cost. No copays, deductibles or coinsurance for covered preventive services. Just check your plan details. If you're already a member, and have questions, you can call us at the number on the back of your ID card.

Preventive versus diagnostic care: what's the difference?

Let's say your doctor wants you to have a colonoscopy because of your age or family history. If you have the colonoscopy, it's considered preventive care, and this usually costs you nothing. If your doctor suggest a colonoscopy because you're having symptoms, that's *diagnostic* care. You may have to pay part of the costs if you have the procedure. Ask your doctor if you're unsure of the difference between preventive and diagnostic care, so you're not surprised by any costs.

**WHETHER YOU'RE WELL OR SICK, IT'S IMPORTANT
TO TAKE GOOD CARE OF YOURSELF.**