

# STAY HEALTHY WITH PREVENTIVE CARE

Preventive health focuses on *preventing* disease and maintaining good health. When you treat a disease early, before it's had a chance to spread, it'll be much easier to manage or eliminate the disease. Preventive care can include immunizations, lab tests and physical exams.

## Wellness Benefits

Your company's preventive care program covers a large number of health issues and is designed to keep you healthy. All preventive services are covered 100 percent when you go to an in-network provider.

### Covered Preventive Services

Adult routine physical exam, including:

- Initial evaluation
- Examination
- Appropriate lab tests
- PSA test

### Women / Pregnant Women

- Breast cancer mammography screening (every 1-2 years, women 40+)
- Cervical cancer screening
- Pelvic exams

### Newborns & Children (birth through age 18)

- Office visits
  - At birth
  - Within 2 weeks after birth
  - Within 2 weeks before or after your child reaches the following ages:
    - 2 months, 4 months, 6 months, 9 months, 12 months, 15 months and 18 months
  - Within 1 month before or after your child reaches the following ages:
    - 2 years, 3 years, 4 years, 5 years, 6 years, 6 years, 8 years, 10 years, 12 years, 14 years, 16 years and 18 years
- Appropriate immunizations
- Lab tests



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