

Using your preventive benefits

FOR GRANDFATHERED PLANS

Your Premera Blue Cross plan may cover in-network preventive care in full. Please review your plan to confirm your health plan coverage.

Using your preventive benefits is a good way to maintain and even improve your health. When the listed screenings, tests, and services are billed by your doctor as routine preventive services, your plan will cover them according to what is stated in your health plan benefit booklet. You'll get the most value from these benefits by choosing an in-network doctor. It is also a good idea to bring this list and your health plan information to your exam so your doctor is aware of your coverage.

Adults

Suggested preventive services for adults age 19 to 64

- **Blood pressure testing**
- **Breast cancer screening** (mammography)
- **Clinical breast exam**
- **Lipid panel** (cholesterol, lipoprotein, triglycerides)
- **Diabetes screening** (Type 2)
- **Colon cancer screening** (colonoscopy, sigmoidoscopy, barium enema, and home test kits. Not a core preventive benefit; refer to your benefit booklet cost sharing information).
- **Cervical cancer screening** (Pap test and HPV testing)
- **HIV Preexposure Prophylaxis (PrEP) Therapy** (Certain HIV PrEP medication is covered at no cost when used as a preventive measure for those identified as high risk for HIV infection¹.)

- **HIV Preexposure Prophylaxis (PrEP) drug coverage¹**
– emtricitabine-tenofovir, Truvada, Descovy
- **Osteoporosis** (DEXA bone density) study
- **Prostate cancer** (PSA blood) test

Vaccinations

- Flu (Influenza)
- Diphtheria, tetanus, pertussis
- Shingles

Keep in mind

Recommended age and frequency varies. Talk with your provider about tests, screenings, and vaccinations that are right for you.

¹ For additional coverage details, including the effective date of coverage for PrEP at no cost under your health plan, please call customer service at the number on the back of your ID card.

Children and teens

Suggested preventive care services

For children age 18 and younger, routine exams, vaccinations, and screenings listed below are covered when received from a doctor within your plan's network.

Well child and teens

- **Well-baby exam**—ages 0 to 3
- **Well-child exam**—ages 4 to 18
- **Cervical cancer screening**
(PAP test and HPV testing)
- **HIV Preexposure Prophylaxis (PrEP) Therapy**
(Certain HIV PrEP medication is covered at no cost when used as a preventive measure for those identified as high risk for HIV infection¹.)
- **HIV Preexposure Prophylaxis (PrEP) drug coverage¹**
– emtricitabine-tenofovir, Truvada, Descovy

Vaccinations

- Flu (Influenza)
- Diphtheria, tetanus, pertussis
- Hepatitis A
- Hepatitis B
- Measles, mumps, rubella (MMR)
- Chicken pox (varicella)
- Inactivated polio virus
- Pneumonia (PCV or PPV)
- HPV (human papillomavirus)

Helpful Tips

When tests or screenings are not preventive

Your preventive benefits offer full coverage for many tests, screenings, and vaccinations. During your preventive exam, your doctor may find an issue or problem that requires further testing or screening for a proper diagnosis to be made. Also, if you have a chronic disease, your doctor may check your condition with tests. These types of screenings and tests help to diagnose or monitor your illness. These diagnostic tests are not covered by your preventive benefits and often require you to pay a greater share of the costs.

Anesthesia for preventive colonoscopies

If you are ready to schedule a preventive colonoscopy, you should know how your anesthesia for this screening will be covered. Anesthesia services performed in connection with a preventive colonoscopy are covered if the attending provider determines that anesthesia would be medically appropriate for you.

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