Preventive care services

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Put preventive healthcare at the top of your list today. You and your family may reap the benefits for years to come.

As a part of your Premera health plan, you have access to important preventive exams—at no additional cost to you.*

Go to **premera.com/care-essentials/preventive-care** to find out more about preventive healthcare.

Here are just a few of the services we cover:

- **Women's health** like Pap tests and breast cancer screenings, family planning, and bone health screenings
- **Men's health** like wellness visits, sexual health, and dealing with injuries or pain—like chronic back pain
- **LGBTQIA+ health** including transgender services and mental health support
- **Mental health** and how to find the right provider for issues such as depression, anxiety, and substance use disorder

You can get the full preventive care list and guide to using your benefits at **premera.com/care-essentials/preventive-care.**

*During your preventive care visit, if your provider recommends additional screenings or tests that are not considered preventive, you may have out-of-pocket costs.

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