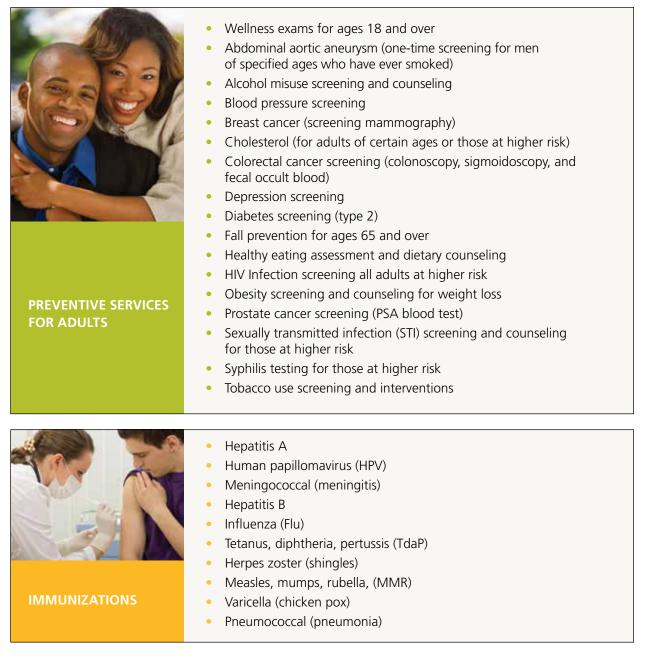
### **Using Your Preventive Benefits**

Your Premera Blue Cross plan covers in-network preventive care in full. So, go ahead and use your preventive benefits. They're 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 covers them in full. 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 to your exam so your doctor is aware of your coverage.

### Adults Suggested preventive care services



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

## Adults Suggested preventive care services, continued

MEDICATIONS AND SUPPLEMENTS • Vit	bacco cessation — prescription only for Bupropion, Chantix, T (nicotine replacement therapy) nasal spray, or NRT inhaler th control pills — generics and single source brands amin D for ages 65 and over with written prescription for dosage 500 mg or 1,000 mg
<ul> <li>BR</li> <li>BC</li> <li>Bre</li> <li>Bre</li> <li>Bre</li> <li>Bre</li> <li>Ce</li> <li>Ch</li> <li>Do</li> <li>Cc</li> <li>Ch</li> <li>Do</li> <li>Cc</li> <li>Ch</li> <li>Do</li> <li>Cc</li> <li>Ste</li> <li>Vis</li> </ul>	CA genetic counseling for breast and ovarian cancer CA genetic testing for breast and ovarian cancer* ne density (osteoporosis) screening ast cancer (chemoprevention) counseling for women at higher risk ast cancer screening (mammography) rvical cancer screening (mammography) rvical cancer screening (PAP smear) lamydia infection screening mestic violence screening and counseling norrhea screening (for women at higher risk) V (human papillomavirus) screening test er-the-counter birth control (i.e., female condoms, sponges) with a tten prescription rilization its for birth control devices (i.e., IUD) and family planning



Pregnant Women Additional Covered PREVENTIVE SERVICES

- Anemia screening
- Bacteriuria urine tract infection screening
- Breast feeding interventions (to support and promote breast feeding before and after childbirth)
- Hepatitis B Infection screening
- Rh (antibody) incompatibility testing
- Syphilis testing
- Breast pumps
- Gestational diabetes screening

# Children | Teens

#### Suggested preventive care services

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



# Helpful Tips

#### When tests or screenings are not preventive

Your preventive benefits offer full coverage for many tests, screenings and immunizations. 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.

### About facility fees

Some medical clinics charge a separate facility fee for all doctor visits, including preventive service visits. These facility fees are not covered by your preventive benefits. So, they may result in an added out-of-pocket cost to you—even if the doctor is in our network. When making an appointment, always ask if your doctor's office charges a facility fee. You can get the most value from your medical benefits if you choose an in-network doctor who practices at a medical center that does not charge a facility fee.

### 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. Conscious sedation, a type of anesthesia, is covered by your health plan as part of the colonoscopy screening. However, general anesthesia may not be covered.

This means that, if your doctor uses general anesthesia, you could receive a separate bill for your screening. So, you should talk with your doctor before your colonoscopy to see if conscious sedation is right for you.



