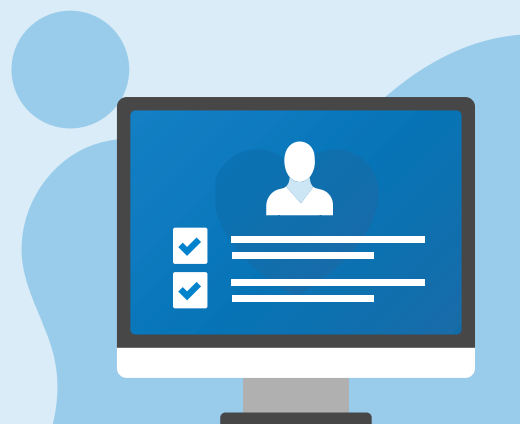


COMMON SERVICES COVERED UNDER PREVENTIVE CARE

According to the Affordable Care Act (ACA), most health plans are required to provide coverage for a specified set of preventive services at no expense to you, provided they are delivered by a healthcare provider within your plan's network.

The primary goal of preventive care is to maintain and promote overall health, detect potential health issues at an early stage, and reduce the risk of developing chronic diseases.



Common preventive services include, but are not limited to:



Annual Checkups with Primary Care Provider

One per calendar year



Immunizations for Adults and Children



Blood Pressure Screening

One per calendar year



Osteoporosis Screening

Age 65+ or post-menopause



Colon Cancer Screenings

Ages 45 to 75



Prostate Screening

Ages 55-69



Cervical Cancer Screening

Ages 21-65 every 3-5 years



Type 2 Diabetes Screening

Ages 35-70 annually if overweight or obese



Depression Screening



Sexually Transmitted Infection (STI) Screening

Check out [healthcare.gov](https://www.healthcare.gov) for a full list of covered preventive services for all adults, women and children.

It's important for individuals to check with their specific health plan to confirm the exact services covered and to ensure that they are delivered by in-network providers to avoid any additional costs.



Questions?

If you have any questions regarding preventive care benefits, please reach out to your HR Team.