

PREVENTIVE CARE

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Get those freebies (and improve your health) with preventive care!

Your health plan covers in-network preventive care at no charge to you. Your annual physical could be the best money you didn't spend this year! Preventive care is the stuff you do (before you get sick) to stay healthy! It can help you stay healthier and, as a result, lower your healthcare costs.

What's considered preventive care?

- Your annual checkup — Your annual checkup can include important general health screenings for high blood pressure, cholesterol and other health conditions.
- Cancer screenings — Most people don't experience symptoms when they are in the early stages of cancer. It is recommended that both men and women begin colorectal cancer screenings starting at age 45. Other preventive screenings for women include pap tests and mammograms. For men, prostate specific antigen (PSA) tests may be recommended.
- Routine vaccinations
- Regular well-baby and well-child visits, from birth to age 21
- Counseling and screenings to ensure healthy pregnancies



What is not considered preventive care?

- Primary care office visits related to a specific healthcare need
- Certain appointments with specialty doctors, depending on your insurance coverage
- Diagnostic tests and screenings to learn more about a suspected or known medical condition

What should I expect at my medical preventive care visit?

Most preventive medical exams start by talking about your health history and any problems. Then you'll discuss topics like:

- Medication you're currently taking.
- Your current eating habits and how to improve them.
- How active you are.
- Stress in your life or any signs of depression.
- Screening tests or vaccines you may need based on your age and gender.

TALK TO YOUR DOCTOR

Consult with your doctor about preventive health recommendations. The services in this flyer do not necessarily reflect the services, screenings or tests covered by your benefit plan. If you're enrolled in the UMR plan, go to umr.com or your mobile app to find an in-network provider. If you're enrolled in the Surest plan visit benefits.surest.com or your mobile app to find an in-network provider.