



**Take care of yourself.
Take advantage of your
preventive care benefits.**

Regular preventive care can help you stay well, catch problems early on and may be potentially life saving. To support and surpass health care reform recommendations, Anthem's plans cover 100% of covered preventive care services¹ like screenings, immunizations and exams. If you visit in-network providers, you don't have to worry about any out-of-pocket costs for preventive care services. If you use an out-of-network provider, your deductible and out-of-network expenses may apply.

Here's an overview of the types of preventive services covered. Refer to the Certificate/Summary of Benefits to learn more.

Preventive vs. diagnostic care

What's the difference? Preventive care is generally precautionary. For example, if your doctor recommends having a colonoscopy because of your age or family history, that's preventive care. But, if your doctor recommends a colonoscopy to investigate symptoms you're having, that's diagnostic care, and your plan cost share will apply.

Please note, the preventive care services listed on the following page are not recommended for all individuals and appropriateness may be determined by the treating physician and recommendation guidelines.

Child Preventive Care (Birth to 18 years)

Preventive physical exams

Screening tests include:

- Vision screening²
- Hearing screening
- Oral health assessment
- Screening for lead exposure
- Screening for anemia
- Screening for tuberculosis
- Pelvic exam and Pap test, including screening for cervical and ovarian cancer
- Newborn screenings including sickle cell anemia
- Developmental and behavioral assessments
- Cholesterol and lipid level screening
- Screening for depression

- Screening and counseling for obesity
- Behavioral counseling to promote a healthy diet
- Screening for sexually transmitted infection

Immunizations:

- Hepatitis A
- Hepatitis B
- Diphtheria, Tetanus, Pertussis (DtaP)
- Varicella (chicken pox)
- Influenza (flu shot)
- Pneumococcal Conjugate (pneumonia)
- Human Papilloma Virus (HPV)
- Hib Influenza type b
- Polio
- Measles, Mumps, Rubella (MMR)
- Meningococcal Polysaccharide
- Rotavirus

Adult Preventive Care (19 years and Older)

Preventive physical exams

Screening tests include:

- Eye chart vision screening²
- Hearing screening
- Cholesterol and lipid level screening
- Depression screening
- Diabetes screening
- Prostate cancer screenings including digital rectal exam and PSA test
- Breast exam, breast cancer screening, including mammography
- Pelvic exam and Pap test, including screening for cervical and ovarian cancer
- Screening for sexually transmitted diseases
- HIV test
- Bone density test to screen for osteoporosis
- Colorectal cancer screening including fecal occult blood test, barium enema, flexible sigmoidoscopy and screening colonoscopy
- Routine blood and urine screenings
- Aortic Aneurysm screening
- Pregnancy screenings (including hepatitis, asymptomatic bacteriuria, Rh incompatibility, syphilis, iron deficiency anemia, gonorrhea, chlamydia)

- Intervention services to include counseling and education including the following:
 - Screening and counseling for obesity
 - Counseling related to genetic testing for breast and ovarian cancer
 - Behavioral counseling to promote a healthy diet
 - Primary care intervention to promote breastfeeding
 - Counseling related to aspirin use for the prevention of cardiovascular disease
 - Screening and behavioral counseling related to tobacco use
 - Screening and behavioral counseling related to alcohol abuse

Immunizations:

- Hepatitis A
- Hepatitis B (expanded codes)
- Tetanus, Diphtheria (Td)
- Varicella (chicken pox)
- Influenza (flu shot)
- Pneumococcal Conjugate (pneumonia)
- Human Papilloma Virus (HPV)
- Measles, Mumps, Rubella (MMR)
- Meningococcal Polysaccharide
- Herpes Zoster (shingles)

Note: These benefits apply to plans effective March 23, 2010 or later. For questions, please contact your Anthem sales representative.

² Some may plans cover additional vision services. Please see the Certificate/Summary of Benefits for details.

This is not a contract or policy. This sheet is not a contract with Anthem Blue Cross and Blue Shield. If there is any difference between this sheet and the policy, the provisions of the policy will govern. Anthem plans cover preventive services that are recommended by such agencies as the U.S. Preventive Services Task Force, the American Cancer Society[®], the Advisory Committee on Immunization Practices, the American Academy of Pediatrics, the American Academy of Family Physicians and the Health Resources and Services Administration (HRSA). Please talk with your doctor about specific health guidelines. This summary of preventive care and physical exam benefits is a brief overview. Preventive Health Guidelines reflected in this document are recommendations for individuals of average risk. Individuals who are higher-risk, including but not limited to those in certain racial/ethnic groups or with personal/family medical history, should check with his/her health care provider for preventive health guidance. Please see the Certificate/Summary of Benefits for Exclusions & Limitations. In Colorado and Nevada, Anthem Blue Cross and Blue Shield is the trade name of Rocky Mountain Hospital and Medical Service, Inc. Independent licensee of the Blue Cross and Blue Shield Association. [®] ANTHEM is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.