



BLUE Benefit
ADMINISTRATORS OF MASSACHUSETTS
An independent licensee of the Blue Cross and Blue Shield Association.



Preventive Care covers things such as screenings, regular check-ups, and immunizations.

A Preventive Care visit will allow your doctor to assess your health and make sure you get the correct screening(s) for your age, gender, and family history. These visits aid in keeping you healthy and can help proactively identify health concerns before they potentially become a long-term condition.

How will it be covered?

Many plans cover Preventive Care services without cost-sharing when you see a doctor that is in your health plan's network. Be sure to check your plan and the plan details before an appointment is made with a doctor.

Doctors will sometimes order tests during your Preventive Care visit that are not considered Preventative care, therefore resulting or subject to deductibles, co-pays and/or coinsurance.



What is the difference between a Preventive visit and a routine office visit?

Preventive visits (also known as a routine checkup), are different than your traditional routine office visit scheduled for a specific medical issue.

Here, you will see your Doctor (or other health practitioners, such as a Nurse Practitioner or Physician's Assistant - PA) when you are healthy. This visit may include an exam, checking your blood pressure, getting recommended vaccines or health questions you may have.

What to ask your doctor at your appointment

- *Will any additional tests or treatments I receive during my appointment not be considered preventive care?*
- *Will talking about other topics that are not considered preventive care during my appointment lead to out of pocket cost?*
- *Can any routine lab work be sent to a BlueCross BlueShield in network lab to lower any out of pocket cost?*

Questions?

Talk with your doctor or call BBA at [877.707.2583](tel:877.707.2583) and speak with one of our member services representatives.



WHICH TYPE OF SERVICES ARE COVERED AT 100%?

Preventive care is covered at 100% when **1) it is provided by an in-network doctor***, **2) the claim is filed as a preventive visit** and **3) services are identified as preventive care under the Affordable Care Act (ACA).***

* The list of preventive care services covered under this benefit may change periodically for a complete list and limitations please visit <https://www.healthcare.gov/preventive-care-benefits/>

MEN



Adult Screening Tests

- Abdominal aortic aneurysm
- Blood pressure
- Cholesterol
- Colon cancer
- Depression
- Diabetes
- Lung cancer

Other Services

- Immunizations, including flu shot
- Obesity screening and counseling
- Quitting tobacco
- Sexually transmitted infection (STI) counseling

WOMEN



Adult Screening Tests

- Blood pressure
- Breast cancer counseling for genetic testing
- Cervical cancer screening (Pap test and/or HPV)
- Chlamydia and gonorrhea
- Cholesterol
- Colon cancer
- Depression
- Diabetes
- Lung cancer
- Mammogram (breast cancer)
- Osteoporosis

Other Services

- Contraception
- Immunizations, including flu shot
- Intimate partner violence
- Obesity screening and counseling
- Quitting tobacco
- Sexually transmitted infection (STI) counseling

PREGNANT WOMEN



Pregnancy Related Screening Tests

- Bacteria in urine
- Gestational diabetes
- Hepatitis B
- Iron deficiency anemia
- Postpartum depression
- Breastfeeding support, supplies and counseling
- Folic acid supplementation

INFANTS, CHILDREN AND TEENS



Routine Services & Screening Tests

- Developmental and behavioral
- Fluoride dental varnish & oral health check
- Hearing/vision test
- Immunizations, including flu shot
- Newborn and infant screenings
- Well-baby/well-childcare

Other Services

- Depression screening
- Lead exposure test
- Obesity counseling
- Sexually transmitted infection (STI) screening and counseling
- Tobacco and alcohol use counseling

This list is not comprehensive and should be used as a reference tool only. This does not guarantee payment of any claims. If you have specific questions about your plan or coverage, please call BBA at 877.707.2583 and speak with one of our member service representatives.