



# Make the Most of Your \$0 Benefits

Did you know that your plan includes preventive services\* covered at 100%, like adult and pediatric preventive exams, annual obstetrics and gynecology visits, routine screenings, vaccinations, and more? To stay healthy, take advantage of these services.

SCREENINGS	ADULT MALE	ADULT FEMALE	CHILDREN/ TEENS
Cervical cancer (Pap test) — Age 21 – 65, every 3 years; age 30 – 65, every 5 years if combined with human papillomavirus (HPV) testing		✓	
Colon cancer — Every 10 years or less depending on age and risk factors	✓ Age 45+	✓ Age 45+	
Hearing			✓ Under age 21
Hypothyroidism, phenylketonuria (PKU), and sickle cell disease			✓ Newborns
Lung cancer — Annually for smokers or those who quit in the last 15 years.	✓ Age 50 – 80	✓ Age 50 – 80	
Mammogram — Every year		✓ Age 40+	
Ovarian cancer — Annually for women at increased risk		✓	
Vision			✓
OTHER SCREENINGS IF NEEDED			
Alcohol misuse	✓	✓	✓
Autism, psychosocial and developmental issues — Autism at 18 – 24 months, others at annual checkup	✓ Age 18 – 21	✓ Age 18 – 21	✓
Blood (hematocrit and hemoglobin)			✓
Blood pressure	✓	✓	
Depression	✓	✓	✓ Age 12+
Diabetes	✓	✓	✓
Hepatitis B	✓	✓	✓
Hepatitis C — Once for adults born between 1945 – 1965	✓	✓	
Lead — Annually			✓ Birth – age 6
Obesity	✓	✓	✓
Osteoporosis — Every 24 months for those at risk		✓ Age 60+	
Sexually transmitted infection — Sexually active individuals age 24 or younger, pregnant women, and older individuals at risk	✓	✓	✓
Tuberculosis — At doctor's discretion	✓	✓	✓

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<b>VACCINATIONS</b> For complete vaccination schedules, visit the Centers for Disease Control and Prevention at <a href="https://www.cdc.gov/vaccines">cdc.gov/vaccines</a> .	<b>ADULT MALE</b>	<b>ADULT FEMALE</b>	<b>CHILDREN/ TEENS</b>
Chickenpox (varicella)	✓	✓	✓
COVID-19	✓	✓	✓
Diphtheria, tetanus, whooping cough (pertussis)			✓
Flu and pneumonia	✓	✓	✓
Hepatitis A and B	✓	✓	✓
HPV (human papillomavirus)	✓	✓	✓
Measles, mumps, and rubella	✓ Age 19 – 55	✓ Age 19 – 55	✓
Meningitis (meningococcal)	✓	✓	✓
Polio			✓
Rotavirus			✓
Shingles (herpes zoster)	✓ Age 50+	✓ Age 50+	
Tetanus	✓	✓	
<b>COUNSELING AND SUPPORT</b>			
Genetic screening for breast and ovarian cancer		✓	
Breastfeeding (including supplies)		✓	✓
Birth control methods, sterilization procedures, and education		✓	✓
Sexually transmitted infections (STIs)	✓	✓	✓
Help to quit smoking	✓	✓	✓
<b>DRUGS WHEN PRESCRIBED BY YOUR DOCTOR</b>			
Low-dose aspirin to prevent heart disease for adults at risk	✓ Age 50 – 59	✓ Age 50 – 59	
Aspirin to prevent preeclampsia (a serious pregnancy complication)		✓	
Birth control**		✓	✓
Folic acid supplements		✓ Age 18 – 45	
Iron supplements			✓ Birth – age 1
Oral fluoride supplements and application (cavity prevention)			✓ Birth – age 5
Tamoxifen and raloxifene to prevent breast cancer		✓ Age 35+	



**Schedule your annual checkup today and talk to your doctor about what care is right for you and when.**

\*Preventive care means you will not have a cost-share. Sometimes, a preventive care visit leads to other medical care or tests, even at the same appointment. You should check with your doctor during your visit to see if there are services requiring a cost-share.

\*\*Refer to your health plan's drug list, or formulary, for more information on what contraceptives are covered as preventive.

The above is not a complete list. Consult your membership agreement for a full list of covered preventive services.

These preventive services are covered at 100% with your plan as long as the claim is coded as preventive by your provider. These services are subject to physician specialty, procedure code and diagnostic code requirements, frequency limitation rules, and appropriate age and gender requirements, as described by the U.S. Preventive Services Task Force A and B and Health Resources and Services Administration (HRSA) guidelines. These guidelines may change from time to time. This list of preventive care services may not apply to grandfathered health plans — any group or individual health plan that was in effect on March 23, 2010, the date of the Affordable Care Act. Contact your health benefits administrator or ConnectiCare Member Services (**800-251-7722**; TTY: **711**) with any questions.

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