

Help Your Employees Stay Healthy for the Ones They Love

Routine preventive care screenings are important for your employees because they can detect potential health problems early when they're the most treatable. Encourage your employees to schedule their periodic health evaluation and ask their doctor which screenings are right for them. Preventive care screenings, which are covered 100%, may include one or more of the following: *

- Blood Pressure and Cholesterol
- Diabetes
- Colorectal Cancer
- Cervical Cancer (Pelvic Exam and Pap Test)
- Breast Exam/Mammogram
- Lung Cancer and others

To learn more, your employees can visit tuftshealthplan.com/preventivecare. Also, to help you spread the word about this important topic at your worksite, we offer an employer communications tool kit. Contact your account manager for details.

Source: Sample screenings in the list above are based on the 2018 Adult Preventive Care Guidelines published by Massachusetts Health Quality Partners (MHQP). Available at mhqp.org.

*Preventive care may not be eligible for 100% coverage with some plans -- please check your benefit document to confirm. For plans that do provide 100% coverage, preventive care must be received from a provider in the Tufts Health Plan network. Only certain services qualify as preventive. If you have any questions about whether a service is preventive, please check your benefit document or call Member Services at the number on your ID card. Please note: you may receive non-preventive services during a routine visit that do require a cost-share. Examples of these services include but are not limited to pregnancy tests, throat cultures, allergy tests, x-rays, ultrasounds, setting of bones and casts, and cardiac stress tests.