

# PROTECT YOUR HEALTH

## PREVENTIVE CARE

We know that life gets busy, so we want to make it simpler for you to get the care you need, when you need it.

Getting preventive care is one of the best ways to keep you and your family happy and healthy. This includes yearly checkups, health screenings, and immunizations—at no extra cost to you! Preventive care can help you:

- ▶ Screen for diseases
- ▶ Find out if you have any health risks
- ▶ Keep your vaccinations current
- ▶ Develop a relationship with your doctor

All adults should visit their health care provider from time to time, even if they are healthy and feel fine.

If you have any questions about what your plan covers, please call the number on your member ID card or visit [tuftshealthplan.com](http://tuftshealthplan.com) for more information. Call your health care provider if you have specific or immediate health concerns.

Source: National Institutes of Health



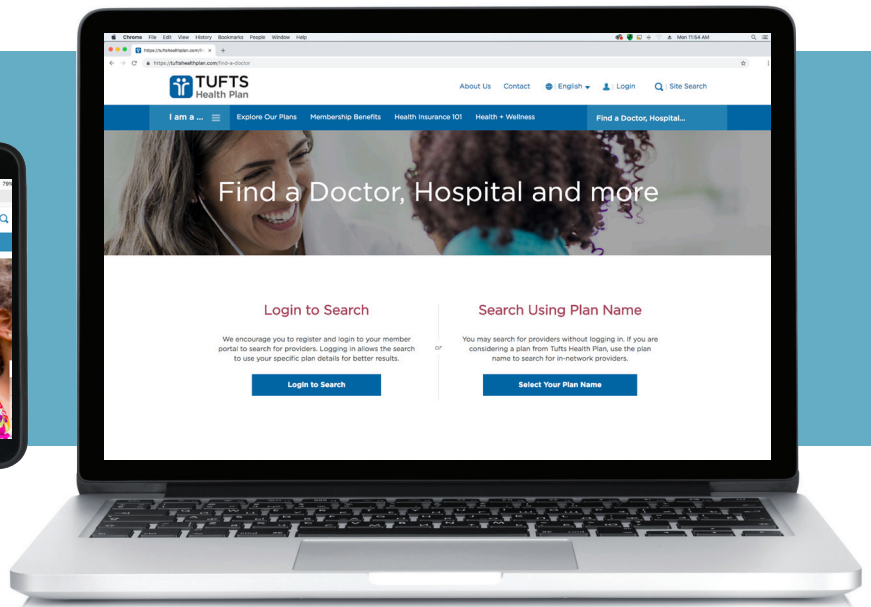
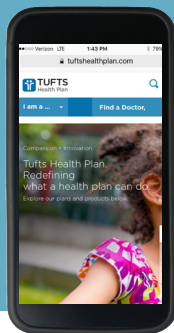
Examples of preventive services\* include:

- ▶ Application of Fluoride Varnish for children
- ▶ Routine physical examinations
- ▶ Well baby and well child care
- ▶ Immunizations
- ▶ Osteoporosis screening
- ▶ Cholesterol screening
- ▶ Glucose (blood sugar) screening
- ▶ Mammography Breast Cancer Screening
- ▶ Falls Prevention
- ▶ Colorectal cancer screening
- ▶ Cervical cancer screening

Certain conditions often don't produce any symptoms in their initial stages, but getting preventive care may detect potential problems early and when they are most treatable.

## How Can I Find a PCP?

It's easy! Just click on "find a doctor" at [tuftshealthplan.com](http://tuftshealthplan.com) on your computer or mobile device.



\*Screenings vary by age and gender, so consult your health care provider. This list is subject to change. Visit [www.tuftshealthplan.com](http://www.tuftshealthplan.com) for details.

Under the Patient Protection and Affordable Care Act (PPACA), commonly called Affordable Care Act (ACA) or health care reform, the following preventive medications and services may be covered at no cost (copay, coinsurance, or deductible) for Tufts Health Plan members, depending on their plan benefits. Please check the specific terms of your plan benefit document.

## SCREENINGS

- ▶ Abdominal Aortic Aneurysm Screening - Men who have ever smoked
- ▶ Asymptomatic Bacteria Screening - Pregnant women
- ▶ Blood Pressure Screening
- ▶ BRCA Genetic Testing\*
- ▶ Breast Cancer Screening with mammography - Women
- ▶ Cervical Cancer Screening - Women
- ▶ Chlamydia Screening - Women
- ▶ Colorectal Cancer Screening and bowel preparations - Adults
- ▶ Depression Screening - Adult including Pregnant and Postpartum Women
- ▶ Gonorrhea Screening - Pregnant Women and Women at increased risk
- ▶ Hepatitis B Virus Screening - Adults
- ▶ Hepatitis C Virus Screening - Persons at high risk or adults born between 1945 and 1965
- ▶ HIV Screening - Adults, Pregnant Women and Adolescents at increased risk
- ▶ Iron Deficiency Anemia Screening - Pregnant women
- ▶ Latent Tuberculosis Infection Screening: Asymptomatic Adults at increased risk
- ▶ Lipid Disorders in Adults
- ▶ Lung Cancer Screening - Adults who have a smoking history and currently smoke or have quit within the past 15 years\*
- ▶ Obesity Screening - Adults, Adolescents and Children
- ▶ Osteoporosis Screening - Postmenopausal Women
- ▶ Rh(D) Blood Typing: Screening - Pregnant Women, first pregnancy-related visit
- ▶ Routine Physical Examination
- ▶ Syphilis Screening - Men and Women at increased risk and Pregnant Women
- ▶ Type 2 Diabetes Mellitus Screening - Adults at increased risk

## PEDIATRIC SCREENINGS

- ▶ Application of Fluoride Varnish: Infants and Children
- ▶ Depression Screening
- ▶ Developmental/Behavioral Assessment
- ▶ Dyslipidemia Screening
- ▶ Hearing Screening
- ▶ Hematocrit or Hemoglobin Screening
- ▶ HIV Screening
- ▶ Lead Screening
- ▶ Newborn Metabolic/Hemoglobin Screening
- ▶ Obesity Screening
- ▶ Routine Physical Examination
- ▶ STI Screening
- ▶ Screening/Risk Assessment
- ▶ Syphilis Screening
- ▶ Tuberculin Test
- ▶ Visual Acuity Screening

## COUNSELING SERVICES

- ▶ Alcohol Misuse
- ▶ Aspirin
- ▶ BRCA Genetic Counseling related to BRCA screening
- ▶ Falls Prevention
- ▶ Healthy Diet
- ▶ Obesity
- ▶ Prenatal
- ▶ Sexually Transmitted Infections/HIV
- ▶ Skin Cancer Behavioral Counseling
- ▶ Tobacco Use and Intervention
- ▶ Weight Loss Behavioral Intervention

## IMMUNIZATIONS

- ▶ Anthrax
- ▶ BCG (Bacillus Calmette-Guerin)
- ▶ Cholera
- ▶ DTP (Diphtheria, Tetanus, Pertussis)
- ▶ Hepatitis A
- ▶ Hepatitis B
- ▶ Haemophilus influenzae Type B
- ▶ HPV (Human Papillomavirus)
- ▶ Inactivated Poliovirus
- ▶ Influenza
- ▶ Japanese Encephalitis

- ▶ Meningococcal
- ▶ MMR (Measles, Mumps, Rubella)
- ▶ MMRV (Measles, Mumps, Rubella and Varicella)
- ▶ Pneumococcal
- ▶ Rabies
- ▶ Rotavirus
- ▶ Typhoid
- ▶ Varicella
- ▶ Yellow Fever
- ▶ Zoster

## WOMEN'S PREVENTIVE HEALTH

- ▶ Breastfeeding support, education, equipment, supplies, and counseling
- ▶ Domestic violence screening and counseling
- ▶ FDA-approved contraception methods and contraceptive counseling
- ▶ Gestational Diabetes Screening
- ▶ Human papillomavirus (HPV) DNA testing for Women
- ▶ Outpatient Maternity Services
- ▶ Well-woman visits