

Summary of Preventive Care Services

Your myChoice plan pays 100% of the maximum allowable cost* of all preventive care services

Preventive care includes medical tests (sometimes called screenings), checkups and counseling to help prevent illnesses, disease or other health problems. It's important to know what preventive care is and what questions to ask your doctor to avoid extra costs.

How preventive care is covered

Preventive care is covered at 100% of the maximum allowable cost* when 1) the doctor's office bills the claim as a preventive visit and 2) services are listed as preventive care under the Affordable Care Act (ACA). Amounts over the maximum allowable cost will be balanced billed to you. This list doesn't include everything, so ask a myChoice Advisor if you have questions about the full list of services.

* What is maximum allowable cost?

Maximum allowable cost is the lesser of the provider's charge or 140% of the current Medicare allowable fee for the appropriate service. Your provider may charge more than the maximum allowable cost, even for preventive care services. In this case, you will receive a bill for the difference (called "balance billing") which will be your responsibility to pay. Discuss costs with your provider prior to services.

When you get to the doctor's office:

Ask your doctor:

- "Will any tests or treatments I get today not be covered as preventive care?"
- "Will talking about other topics that are not preventive care mean that I will be charged for today's visit?"
- "Will you accept my plan's maximum allowable cost for the preventive service(s)?"

These services are not covered as preventive:

Below are some common tests your doctor may do that are not listed as preventive care by the ACA and may cost you money at your doctor's office or lab:

- Urinalysis
- Hormone tests
- Vitamin D tests
- Chest X-rays
- Thyroid tests
- EKGs (electrocardiograms)

Preventive care under the ACA

- These benefits are available for members of transitional, ACA and "non grandfathered" individual health insurance plans that took effect after March 23, 2010.
- These benefits are currently in effect unless otherwise noted.
- Speak to a myChoice Advisor for details on other preventive care benefits.
- This information is for reference only and does not guarantee payment of any claims.



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MEN

SCREENINGS

- 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

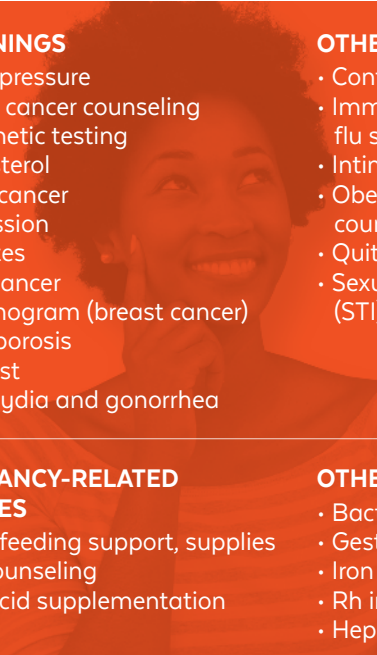
SCREENINGS

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



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 SERVICES

- Breastfeeding support, supplies and counseling
- Folic acid supplementation

OTHER SERVICES

- Bacteria in urine
- Gestational diabetes
- Iron deficiency anemia
- Rh incompatibility
- Hepatitis B

INFANTS, CHILDREN & TEENS

SERVICES & SCREENINGS

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



OTHER SERVICES

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

