GETTING REGULAR CHECKUPS AND EXAMS CAN HELP YOU STAY HEALTHY AND CATCH PROBLEMS EARLY — WHEN THEY'RE EASIER TO TREAT.

THAT'S WHY OUR HEALTH PLANS OFFER ALL THE PREVENTIVE CARE SERVICES AND IMMUNIZATIONS BELOW — AT NO COST TO YOU. AS LONG AS YOU SEE A DOCTOR OR USE A PHARMACY OR LAB IN THE PLAN, YOU WON'T HAVE TO PAY ANYTHING FOR THESE SERVICES AND IMMUNIZATIONS. IF YOU WANT TO VISIT A DOCTOR OR PHARMACY OUTSIDE THE PLAN, YOU MAY HAVE TO PAY OUT OF POCKET.

NOT SURE WHICH SERVICES MAKE SENSE FOR YOU? TALK TO YOUR DOCTOR. HE OR SHE CAN HELP YOU FIGURE OUT WHAT YOU NEED.

PREVENTIVE VS. DIAGNOSTIC CARE

WHAT'S THE DIFFERENCE? PREVENTIVE CARE HELPS PROTECT YOU FROM GETTING SICK. IF YOUR DOCTOR RECOMMENDS YOU HAVE SERVICES EVEN THOUGH YOU HAVE NO SYMPTOMS, THAT'S PREVENTIVE CARE. DIAGNOSTIC CARE IS WHEN YOU HAVE SYMPTOMS AND YOUR DOCTOR RECOMMENDS SERVICES TO DETERMINE WHAT'S CAUSING THOSE SYMPTOMS.

ADULT PREVENTIVE CARE

PREVENTIVE PHYSICAL EXAMS

SCREENING TESTS:

- Alcohol misuse: related screening and behavioral counseling
- Aortic aneurysm screening (men who have smoked)
- Behavioral counseling to promote a healthy diet
- Blood pressure
- Bone density test to screen for osteoporosis
- Cholesterol and lipid (fat) level
- Colorectal cancer, including fecal occult blood test, barium enema, flexible sigmoidoscopy, screening colonoscopy and related prep kit, and computed tomography (CT) colonography (as appropriate)
- Depression screening
- Hepatitis C virus (HCV) for people at high risk for infection and a one-time screening for adults born between 1945 and 1965
- Type 2 diabetes screening*
- Eye chart test for vision²

IMMUNIZATIONS:

- Diphtheria, tetanus and pertussis (whooping cough)
- Hepatitis A and hepatitis B
- Human papillomavirus (HPV)
- Influenza (flu)
- Measles, mumps and rubella (MMR)

WOMEN'S PREVENTIVE CARE:

- Well-woman visits
- Breast cancer, including exam, mammogram, and genetic testing for BRCA 1 and BRCA 2 when certain criteria are met⁴
- Breastfeeding: primary care intervention to promote breastfeeding support, supplies and counseling⁵,⁶,⁷
- Contraceptive (birth control) counseling
- Food and Drug Administration (FDA)-approved contraceptive medical services, including sterilization, provided by a doctor
- Counseling related to chemoprevention for those with a high risk of breast cancer

- Hearing screening
- Height, weight and body mass index (BMI)
- HIV screening and counseling
- Lung cancer screening for those ages 55-80 who have a history of smoking 30 packs per year and still smoke, or quit within the past 15 years¹
- Obesity: related screening and counseling*
- Prostate cancer, including digital rectal exam and prostate-specific antigen (PSA) test
- Sexually transmitted infections: related screening and counseling
- Tobacco use: related screening and behavioral counseling
- Tuberculosis screening
- Violence, interpersonal and domestic: related screening and counseling

- Meningococcal (meningitis)
- Pneumococcal (pneumonia)
- Varicella (chickenpox)
- Zoster (shingles)

- Counseling related to genetic testing for those with a family history of ovarian or breast cancer
- HPV screening
- Screening and counseling for interpersonal and domestic violence
- Pregnancy screenings, including gestational diabetes, hepatitis B, asymptomatic bacteriuria, Rh incompatibility, syphilis, HIV and depression⁶
- Pelvic exam and Pap test, including screening for cervical cancer

THESE PREVENTIVE CARE SERVICES ARE RECOMMENDATIONS OF THE AFFORDABLE CARE ACT (ACA OR HEALTH CARE REFORM LAW). THEY MAY NOT BE RIGHT FOR EVERY PERSON, SO ASK YOUR DOCTOR WHAT'S RIGHT FOR YOU.

THIS SHEET IS NOT A CONTRACT OR POLICY WITH ANTHEM BLUE CROSS AND BLUE SHIELD. IF THERE IS ANY Difference BETWEEN THIS SHEET AND THE GROUP POLICY, THE PROVISIONS OF THE GROUP POLICY WILL RULE. PLEASE SEE YOUR COMBINED EVIDENCE OF COVERAGE AND DISCLOSURE FORM OR CERTIFICATE FOR EXCLUSIONS AND LIMITATIONS.

* CDC-recognized Diabetes Prevention programs are available for overweight or obese adults with abnormal blood glucose or who have abnormal CVD risk factors.

431290MENABX V030 Rev. 8/18
A word about pharmacy items

For 100% coverage of your over-the-counter (OTC) drugs and other pharmacy items listed here, you must:
- Meet certain age requirements and other rules.
- Get prescriptions from plan providers and fill them at plan pharmacies.
- Have prescriptions, even for OTC items.

Child preventive drugs and other pharmacy items — age appropriate:
- Dental fluoride varnish to prevent the tooth decay of primary teeth for children ages 0-5
- Fluoride supplements for children ages 6 months to 16 years old

Women’s preventive drugs and other pharmacy items — age appropriate:
- Contraceptives, including generic prescription drugs, brand-name drugs with no generic equivalent and OTC items like female condoms and spermicides
- Low-dose aspirin (81 mg) for pregnant women who are at increased risk of preeclampsia
- Folic acid for women ages 55 or younger who are planning and able to get pregnant

Breast cancer risk-reducing medications, such as tamoxifen and raloxifene, that follow the U.S. Preventive Services Task Force criteria

For a complete list of covered preventive drugs under the Affordable Care Act, view the Preventive ACA Drug List finder available at anthem.com/pharmacyinformation.

1 The range of preventive care services covered at no cost share when provided by plan doctors is designed to meet state and federal requirements. The Department of Health and Human Services decided which services to include for full coverage based on U.S. Preventive Services Task Force A and B recommendations, the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC), and certain guidelines for infants, children, adolescents and women supported by Health Resources and Services Administration (HRSA) Guidelines. You may have additional coverage under your insurance policy. To learn more about what your plan covers, see your Certificate of Coverage or call the Member Services number on your ID card.

2 Some plans cover additional vision services. Please see your contract or Certificate of Coverage for details.

3 You may be required to get preapproval for these services.

4 Check your medical policy for details.

5 Breast pumps and supplies must be purchased from plan providers for 100% coverage. We recommend using plan-durable medical equipment (DME) suppliers.

6 This benefit also applies to those younger than age 5.

7 Counseling services for breastfeeding (lactation) can be provided or supported by a plan doctor or hospital provider, such as a pediatrician, obstetrician/gynecologist or family medicine doctor, and hospitals with no member cost share (deductible, copay, coinsurance). Contact the provider to see if such services are available.

8 A cost share may apply for other prescription contraceptives, based on your drug benefits.

9 Your cost share may be waived if your doctor decides that using the multisource brand is medically necessary.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Health Plan and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to anthem.com/networkaccessories. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross Blue Shield HealthCare Plan of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem HealthCare of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri: Medicaid Alliance Life Insurance Company (HAL) and HMO Missouri, Inc. H1 and certain affiliates administer non-HMO benefits underwritten by HAL and HMO Missouri, Inc. H1 and certain affiliates provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO California, Inc., dba HMO Nevada, in New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its services are offered in the state of Virginia and the District of Columbia by: in the District of Columbia, by Anthem Health Plans of Virginia, Inc. and its affiliates; in the state of Virginia outside the District of Columbia, by Anthem Blue Cross and Blue Shield in Virginia, and its services are offered in the state of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of Interstate 270.

For more information, visit anthem.com/enrollment.