

# Preventive Care for Adults and Children

Preventive care is an important part of staying healthy, and to avoid potentially serious health conditions by obtaining an early diagnosis and treatment plan.



## THIS INCLUDES:

### Check-ups

(i.e. annual physical, pediatric well-visits, gynecology well-visits)

### Cancer and other health screenings

### Immunizations

Your plan pays 100% of certain preventive care services with no out-of-pocket costs to you. Preventive care is routine health care that includes screenings, check-ups and patient counseling to help prevent illnesses, disease or other health problems. There may be some exceptions, so it's important to know what qualifies as preventive care and what questions to ask your doctor to avoid extra costs.

## COVERED PREVENTIVE SERVICES

Preventive care is covered at 100% when 1) it is provided by an in-network doctor, 2) the claim is filed as a preventive visit, and 3) services are identified as preventive care under the Affordable Care Act (ACA). This list is not complete, so make sure you check the full list of services and any limitations in your employer's summary plan description available on the My Allied Portal mobile app or at [member.alliedbenefit.com](http://member.alliedbenefit.com).

### Men

#### Adult screening tests:

- 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

### Adult screening tests:

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

### Other services:

- Contraception
- Immunization, including flu shot
- Intimate partner violence
- Obesity screening and counseling
- Quitting tobacco
- Sexually transmitted infection (STI) counseling

## ♀ Pregnant Women

### Pregnancy-related screening tests:

- Bacteria in urine
- Gestational Diabetes
- Hepatitis B
- Iron deficiency anemia
- Postpartum depression

### Pregnancy-related services:

- Breastfeeding support, supplies and counseling
- Folic acid supplementation

## ♂ Infants, Children, and Teens

### Routine services and screening tests

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



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### Questions?

Call the toll-free number on the back of your ID card.