

# Preventive care



Preventive care can help keep you healthy or catch a problem early. When you visit a network provider, your plan covers 100% of preventive services. But you'll pay part of the cost for most non-preventive services. This table shows the difference between these two types of services.

	PREVENTIVE SERVICES	NON-PREVENTIVE SERVICES
<b>What is it?</b>	<p>Preventive services generally:</p> <ul style="list-style-type: none"> <li>• Screen for certain types of cancer</li> <li>• Immunize you against disease</li> <li>• Are received once per year, or as recommended by your doctor</li> </ul>	<p>Non-preventive services generally:</p> <ul style="list-style-type: none"> <li>• Monitor existing conditions</li> <li>• Diagnose and treat a new condition</li> <li>• Address any health concerns you bring up during your visit</li> </ul>
<b>Examples</b>	<ul style="list-style-type: none"> <li>• Most immunizations</li> <li>• Well-child visits</li> <li>• Preventive prenatal care</li> <li>• Screenings for cancer, such as:               <ul style="list-style-type: none"> <li>&gt; Breast (mammogram or 3-D mammogram)<sup>1</sup></li> <li>&gt; Cervical (Pap smear)</li> <li>&gt; Colon (colonoscopy, computed tomographic (CT) colonography, or other tests)<sup>2</sup></li> </ul> </li> <li>• Screenings for other health concerns, such as:               <ul style="list-style-type: none"> <li>&gt; Blood pressure</li> <li>&gt; Cholesterol</li> <li>&gt; Sexually transmitted infections (STIs)</li> <li>&gt; Type 2 diabetes</li> <li>&gt; Depression</li> <li>&gt; Tobacco use</li> <li>&gt; Alcohol misuse</li> <li>&gt; Domestic violence</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Treatment of illness or injury (e.g., earache, sore throat, cough, broken bone, etc.)</li> <li>• Earwax removal</li> <li>• X-rays</li> <li>• Medication consultation</li> <li>• Wart removal</li> <li>• Monitor ongoing conditions, such as:               <ul style="list-style-type: none"> <li>&gt; Headaches</li> <li>&gt; Trouble sleeping</li> <li>&gt; High blood pressure</li> <li>&gt; Diabetes</li> <li>&gt; Heart conditions</li> </ul> </li> <li>• Lab tests to monitor existing conditions</li> </ul>

<sup>1</sup>Your plan covers routine mammograms or 3-D mammograms (called digital breast tomosynthesis) as described above. However, if your doctor recommends additional tests, such as a breast ultrasound or MRI, your X-ray or other imaging benefits will apply. For most plans, that means you'll incur costs for those tests.

<sup>2</sup>Your plan covers a routine colonoscopy or computed tomographic (CT) colonography as described above. Other tests such as fecal/stool DNA testing (Cologuard<sup>®</sup>), barium enema, sigmoidoscopy, or fecal occult testing are also covered.

## What if you get preventive and non-preventive services during your visit?

If you get both types of care (preventive and non-preventive) at your visit, the preventive services will be 100% covered. You'll pay part of the cost for the non-preventive services. To see how your plan covers those services, check your coverage document on your member website at [Medica.com/SignIn](https://www.Medica.com/SignIn).

## What is preventive care?

The Affordable Care Act outlines what's considered preventive care. To learn more about what's covered, go to [HealthCare.gov](https://www.HealthCare.gov) and search for "preventive services."

## How can I be more proactive about my health?

Go to [Medica.com/Prevention](https://www.Medica.com/Prevention) to learn more.



### Have questions? We're here to help.

Contact Member Services at the number on the back of your Medica ID card. (TTY: **711**).