



Member tips

Preventive Care

Preventive services can help keep you from having health problems or can catch a potential problem early. Preventive care can include things like blood pressure screenings, immunizations, prenatal care and routine checkups (sometimes called a physical).

Following are services Medica typically covers under your preventive benefit. For more information about coverage of preventive services, see your coverage document, available on mymedica.com, or call Customer Service at the number listed on the back of your ID card.

PREVENTIVE SERVICE	FREQUENCY COVERED BY BENEFIT PLAN
Medical Exam, including: <ul style="list-style-type: none"> Counseling on healthy lifestyle Testicular exam Prostate digital rectal exam Breast exam High blood pressure screening Body mass index (BMI) calculation 	As recommended by physician
Vision Screening <ul style="list-style-type: none"> Eye exam, including glaucoma screening 	1 screening per year
Hearing Screening	As recommended by physician; considered preventive only if you have no current ear or hearing problems
Immunizations	As recommended by Centers for Disease Control
Osteoporosis Screening (Bone Density Test)	Typically 1 per year or as recommended by physician
Laboratory Services, including: <ul style="list-style-type: none"> Cholesterol/lipid profile (for those without a diagnosis of high cholesterol) Thyroid screening Diabetes screening Hemoglobin Urinalysis 	As recommended by physician
Sexually Transmitted Disease Screening	As recommended by physician
Colon Cancer Screening <ul style="list-style-type: none"> Stool test Barium enema Sigmoidoscopy Colonoscopy 	As recommended by physician
Cervical Cancer Screening (Pap Smear)	Typically 1 per year or as recommended by physician
Breast Cancer Screening (Mammogram)	Typically 1 per year or as recommended by physician
Prostate Cancer Screening (Prostate-Specific Antigen (PSA) Test)	Typically 1 per year or as recommended by physician

Please note: To get your highest level of benefits, be sure to receive care from network providers. To find a physician in your plan's network, go to mymedica.com > Find Physician or Facility.

WHAT ISN'T COVERED UNDER YOUR PREVENTIVE CARE BENEFIT?

A service is **not** considered preventive if the doctor diagnoses, monitors or treats a problem or symptom you already have. Examples include: earwax removal (this is a surgical procedure); treatment of earache, sore throat or other symptoms; X-rays to diagnose a cough or broken bones; medication consultation; services to address a specific health concern.

WHAT IF YOU RECEIVE PREVENTIVE AND NON-PREVENTIVE CARE DURING A SINGLE VISIT?

If you receive both types of care, you will likely pay a copayment or coinsurance for any services that are not considered preventive. If your plan also includes a deductible (a set amount that you must pay before insurance benefits begin), you will be required to pay all of the cost for the non-preventive services until the deductible is met.