Understanding Your Preventive Coverage

The foundation of a well-rounded health plan is a regular preventive health visit. These visits help to establish and strengthen your relationship with your primary care doctor. They are also an effective way to identify health risk factors and detect early symptoms of illness. Do these three things to get the most out of your preventive coverage.

1) Schedule Your Appointment Early

Provider appointments can fill up quickly. Schedule your appointment now so you're not left without an appointment.

FIND A DOCTOR

2) Know What's Covered

Your plan benefits include 100% coverage of your preventive care visits. If your provider conducts a preventive screening or test, a cost share may be required.

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3) Learn About Screenings

Talk with your doctor regularly about what preventive screenings you should receive each year. We compiled a list of popular screenings to ask about.

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