

What is a preventive/ wellness service?

A preventive/ wellness service might be a test, an immunization or vaccine, or it might be advice from your doctor. Preventive services can detect disease or help prevent illness or other health problems. Preventive services can include the following:

- Tests (also called screenings) to check your general health or the health of certain parts of your body
- Regular measurements of weight and blood pressure
- Advice about diet, exercise, tobacco, alcohol and drug use, stress, and accident prevention
- Immunizations (“shots”) for both children and adults
- Special tests at certain times in your life, such as Mammograms, Prostate exam, colonoscopies, etc.

Will my doctor tell me which preventive services I need?

Yes. Follow your doctor’s advice about checkups, healthy lifestyle choices, and medicines that prevent health problems, such as blood pressure medicine. If you’re not sure you need the service being offered, ask your doctor.

Who pays for preventive services?

Beginning in 2015, the Affordable Care Act (ACA) requires every health plan to cover preventive services. This means you won’t need to pay a co-payment or deductible for preventive services. Coverage for preventive services vary by state, so you should carefully review the services covered by your current plan. Some preventive services covered under the ACA include blood pressure screening, HIV screening, immunizations, well-woman visits, and cervical, colon, and [breast cancer](#) screenings.

Preventive services will not cover treatment for specific medical problems or chronic diseases. Lab tests, X-rays, etc. related to those problems will have a copay or go towards your deductible. Please review your insurance plan to see how these charges will affect you.

What preventive services do I need?

Adult women should have their weight and blood pressure checked regularly. They should also have Pap tests, cholesterol levels checked, glucose levels, mammograms, osteoporosis screening and colorectal screenings per guideline recommendations. <https://www.cdc.gov>

Adult men should have their weight and blood pressure checked regularly. They should also have cholesterol levels, glucose levels, PSA levels, prostate exam and colorectal screening per guideline recommendations. <https://www.cdc.gov>

These are routine tests that everyone should have. If your doctor orders these tests for you, it does not mean he or she thinks you have a health problem. Your doctor will also make sure you have all the shots you need.

Your doctor will give you advice about exercise and a healthy diet. For example, your doctor will tell you how much calcium you need to prevent bone problems, or he or she may talk to you about taking folic acid before you get pregnant. Your doctor will also give you advice about tobacco, alcohol and drug use, and sexually transmitted infections. Your doctor will also talk to you about injury prevention practices, such as using seat belts and having smoke detectors in your home.

What preventive services do children need?

Shots are one of the most important preventive services for children. Shots (also called vaccines) protect children from diseases such as polio, measles, and mumps. Your doctor will also check lead levels and cholesterol levels for your child per guideline recommendations.

<https://www.cdc.gov>

A note about vaccines

Your doctor will check your child to make sure he or she is growing and developing properly. Your doctor will tell you what you can do to keep your child's teeth healthy. Your doctor may also give you advice about how to keep your child safe from accidents and injuries (for example, using car seats and seat belts, and keeping your child away from poisons and electric outlets). Your doctor will also talk to you about teaching your child healthy eating habits and exercise habits. Your doctor can tell you how to teach your child about the dangers of drugs, alcohol, tobacco and vaping. You can also ask your doctor for tips on how to talk to an older child about avoiding pregnancy, sexually transmitted infections, and AIDS.

What can I do to keep myself healthy?

The choices you make about the way you live are important to your health. Here are some choices you can make to help yourself stay healthy:

- Don't use any form of tobacco or electronic cigarettes.
- Eat a healthy diet.
- Exercise regularly.
- Drink alcohol in moderation: 1/ day for women, 2/day for men, or not at all.
- Don't use illegal drugs.
- Practice safe sex.
- Use seat belts (and car seats for children) when riding in a car or truck.
- Avoid distracted driving. Do not text and drive.
- See your doctor regularly for preventive care.