

# Stay healthy with preventive care

blueprint

Wellness

Preventive health focuses on *preventing* disease and maintaining good health. When you treat a disease early, before it's had a chance to get worse, it'll be much easier to manage or eliminate the disease. Preventive care can include immunizations, lab tests, physical exams and prescriptions.



## Essential health benefits

Your health plan must cover the following 10 essential benefits:

1. Preventive and wellness services and chronic disease management
2. Emergency care
3. Ambulatory patient services
4. Hospitalization
5. Pregnancy, maternity and newborn care
6. Mental health and substance-use disorder services *(including behavioral health treatment)*
7. Prescription drugs
8. Rehabilitative and habilitative services and devices
9. Laboratory services
10. Pediatric services, including dental and vision

Your preventive care program covers a large number of health issues and is designed to keep you healthy. All preventive services are covered 100 percent when you go to an in-network provider.

However, not every single preventive service is automatically available. Many are for adults who are considered higher risk by a primary care doctor. Schedule a visit with your primary care physician (PCP) today. To find a PCP in your network or view your benefits, register or log into Blueprint Portal, [blueadvantagearkansas.com/blueprint](https://blueadvantagearkansas.com/blueprint).



**BlueAdvantage  
Administrators of Arkansas**

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## Covered preventive services

- Abdominal aortic aneurysm (men 65-75)
- Alcohol misuse screening and counseling
- Aspirin (men 45-79; women 55-79)
- Blood pressure screening
- Cholesterol screening (men 35+; women 45+)
- Colorectal cancer screening (every 10 years, age 50-75)
- Depression
- Type 2 diabetes
- Diet
- HIV
- Obesity screening and counseling
- Sexually transmitted infection prevention counseling
- Syphilis screening
- Tobacco use screening and intervention help
- PSA test



## Immunization

Immunizations are available to all adults and children, with some exceptions.

- Haemophilus type B (children only)
- Hepatitis A
- Hepatitis B
- Herpes zoster
- Human papillomavirus
- Inactivated poliovirus (children only)
- Influenza (flu shot)
- Measles, mumps, rubella
- Meningococcal
- Pneumococcal
- Rotavirus (children only)
- Tetanus, diphtheria, pertussis
- Varicella



## Women / pregnant women

- Anemia
- Bacteriuria
- BRCA counseling
- Breast cancer mammography screening (every 1-2 years, women 40+)
- Breast cancer chemoprevention counseling
- Breastfeeding support
- Cervical cancer screening
- Chlamydia infection screening
- Contraception (FDA-approved)
- Domestic and interpersonal violence screening
- Folic acid supplements
- Gestational diabetes screening (women 24-28 weeks pregnant, or high risk)
- Gonorrhea screening
- Hepatitis B screening
- Human papillomavirus (HPV) DNA test (women 30+)
- Osteoporosis (women 60+)
- Rh incompatibility
- Well-woman visits



## Newborns & children

- Alcohol and drug use
- Congenital hypothyroidism screening (newborn)
- Depression screening (age 12-18)
- Dyslipidemia screening
- Fluoride chemoprevention
- Hearing screening (newborn)
- Height, weight and body mass index
- Hematocrit or hemoglobin screening
- Hemoglobinopathies or sickle cell screening (newborn)
- HIV screening
- Immunization vaccines (see above)
- Iron supplements (6 to 12 months)
- Obesity screening and counseling
- Phenylketonuria screening (newborn)
- Sexually transmitted infection prevention counseling and screening
- Vision screening (age 5 or younger)