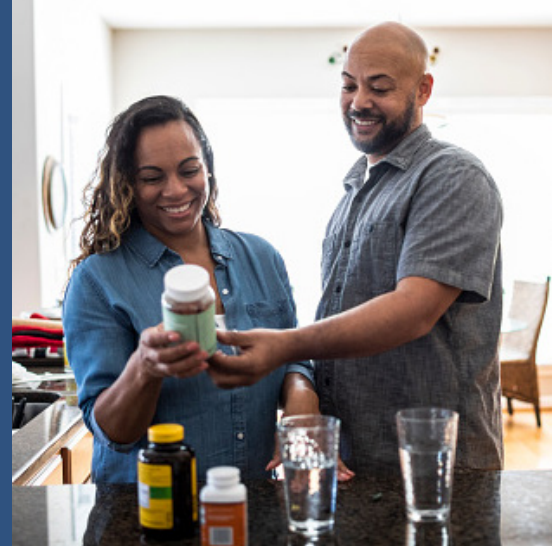


Preventive care



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

¹Your 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.

²Your plan covers a routine colonoscopy or computed tomographic (CT) colonography as described above. Other tests such as fecal/stool DNA testing (Cologuard[®]), 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**).