

# PREVENTIVE CARE

ENROLLED IN INDIVIDUAL & FAMILY PLANS



## KEEPING YOURSELF AND YOUR FAMILY HEALTHY

Commonly known as your annual checkup or physical, preventive care can help keep you from having health problems or catch a possible problem early. When you visit a network provider, your plan covers preventive services at 100 percent. On the other hand, for most non-preventive services, you'll pay a share of the costs.

### Preventive vs. Non-Preventive

What's the difference between preventive care and non-preventive care (office visits)? The table below shows the difference between these two types of services.

	Preventive Services	Non-Preventive Services
What is it?	<p>Preventive care services generally:</p> <ul style="list-style-type: none"> <li>» Can help keep you healthy</li> <li>» Screen for certain types of cancer</li> <li>» Immunize you against disease</li> <li>» Are covered once per year, or as recommended by your doctor</li> </ul>	<p>Non-preventive care services generally:</p> <ul style="list-style-type: none"> <li>» Monitor existing conditions</li> <li>» Diagnose and treat a new condition</li> <li>» Address any health concerns you bring up during your visit</li> </ul>
Examples	<ul style="list-style-type: none"> <li>» Most immunizations</li> <li>» Well-child visits</li> <li>» Nutrition counseling for those at high risk for chronic disease</li> <li>» Certain prenatal care services</li> <li>» Cancer screenings, such as breast (mammogram), cervical (Pap smear) and colon (colonoscopy)</li> <li>» Screenings for other health concerns, such as blood pressure, cholesterol, sexually transmitted infections (STI), type 2 diabetes and depression</li> </ul>	<ul style="list-style-type: none"> <li>» Earwax removal</li> <li>» Earache</li> <li>» Sore throat</li> <li>» X-rays</li> <li>» Cough</li> <li>» Broken bones</li> <li>» Medication consultations</li> <li>» Wart removal</li> <li>» Monitoring ongoing conditions, such as headaches, trouble sleeping, high blood pressure, diabetes and heart conditions</li> </ul>



See what kind of preventive care is recommended for you and your family based on age and sex on [medica.com/Prevention](https://medica.com/Prevention).

## If You Receive Preventive and Non-Preventive Services During One Visit

The preventive services will be covered at 100 percent; however, you will pay for the non-preventive services until you pay your deductible. These costs may be in the form of a copay or coinsurance. To see what your share of the costs may be for non-preventive services, check your policy. You can view your policy documents on your secure member site on [medica.com/IndividualLogin](https://medica.com/IndividualLogin).

## YOUR OPTIONS FOR FINDING CARE

When you're looking for a doctor or other health care provider, there's a lot to consider. Is the doctor in my network? Is the location close to home or work? There are two easy ways to find network providers:



### Online Search Tool

To get started, log into your secure member site on [medica.com/IndividualLogin](https://medica.com/IndividualLogin). Then, select *Find Care* and start your search. For tips on how to improve your search, read our "Finding Network Providers" tip sheet found on [medica.com/ifbmembertips](https://medica.com/ifbmembertips).



### Customer Service

Call Customer Service at the number on the back of your Medica ID card and ask for assistance or a printed list of providers in your area. Remember, when you visit a network provider your plan covers preventive services at 100 percent.



## Have a question?

Talk with your doctor about the importance of preventive care and what it means to your health. Or, call Customer Service at the number on the back of your Medica ID card.

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