



# No-cost preventive care

At Priority Health, you and your health matter to us. That's why we include preventive health care services like flu shots and routine physical exams in your plan at **no cost to you.**

### What are preventive health care services?

Preventive health care services help you avoid potential health problems, or find them early when they are most treatable, before you feel sick or have symptoms. We pay in full for the preventive health care services that are listed in your plan benefits or in your Preventive Health Care Guidelines.

### Examples of preventive care:

#### CHILDREN

- Well-child visits
- Vaccines for chicken pox, the flu and more

#### ALL ADULTS

- Routine physical exams
- Colon screenings
- Flu shots
- Cholesterol and diabetes screening labs

#### WOMEN

- Breast cancer screenings
- Pap and HPV tests
- Contraceptives<sup>1</sup>

### Know your costs for non-preventive (diagnostic) care:

*Our Cost Estimator tool is designed to give your out-of-pocket costs based on your health plan for hundreds of medical services and prescriptions (fall 2017). Or, find the going rate for a service outside of Michigan with Healthcare Bluebook. Log in to your MyHealth account at [priorityhealth.com](http://priorityhealth.com) and choose **costs.***

### Keep in mind

- You need to receive preventive health care services from an in-network provider for us to pay for them in full.
- If you're feeling sick or having symptoms when you receive services, they're not considered preventive care, and you'll have to pay your share of the costs.
- Additional tests aren't preventive if a preventive checkup or screening finds a potential health problem and the doctor sends you for more tests. You'll need to pay your portion of the costs for these additional tests.

**Here are a few examples of when a service is preventive or non-preventive (diagnostic):**

Service	Preventive and included at no cost	Non-preventive (diagnostic) and you'll pay a portion of the cost
<b>Colon cancer screening</b>	Your doctor wants to screen for signs of colon cancer based on your age or family history. If a polyp is found and removed during your preventive colonoscopy, the colonoscopy and polyp removal are preventive. If the polyp is sent for lab testing, the testing is considered preventive.	You're having a health problem, like bleeding or irregularity.
<b>Breast cancer screening</b>	You have no symptoms, and you have a mammogram or digital breast tomosynthesis based only on your age or family history.	You're having a health problem like pain, or you feel a lump.
<b>Diabetes screening</b>	A blood glucose test is used to detect problems with your blood sugar, even though you don't have symptoms.	You're diagnosed with diabetes, and your doctor checks your A1c.
<b>Osteoporosis screening</b>	Your doctor recommends a bone density test based on your age or family history.	You've had a health problem, or your doctor wants to determine the success of a treatment.
<b>Metabolic panel</b>	Not a preventive health care service.	Considered non-preventive because studies show that a metabolic panel isn't the best test for detecting or preventing illnesses.
<b>Complete blood count (CBC)</b>	Not a preventive health care service.	Considered non-preventive because studies show there's no need for this test unless you have symptoms.
<b>Prostate exam (PSA)</b>	Not a preventive health care service.	Considered non-preventive because national guidelines do not recommend this test because it gives many false results.
<b>Urinalysis</b>	Not a preventive health care service.	Considered non-preventive because national guidelines say there's no need for this test unless you have symptoms.

**Where can you find details about your preventive care?**

- Review your health plan documents, under insurance, in your MyHealth account for a full list of preventive care services. If you don't see your documents, contact your employer for a copy.
- Get your questions answered or a copy of your guidelines by calling our customer service team at the number on the back of your membership card. You can also log in at [priorityhealth.com](http://priorityhealth.com) to send us a message.
- Check your guidelines online throughout the year as they may change based on research and recommendations. You can see your most up-to-date list of preventive health care services by logging in to your MyHealth account at [priorityhealth.com](http://priorityhealth.com) and searching **preventive health**.

*Religious employers or other eligible organizations may not be required to offer contraceptive coverage. To find out if your plan includes this service, please contact your employer or call Customer Service at the number listed on the back of your Priority Health membership card.*

*Most Priority Health plans include preventive health care at no cost to our members. There are a few plans that do not include preventive health care or have special guidelines: 1) If you purchased a MyPriority short-term plan, your plan does not include preventive care. 2) If you have a grandfathered plan which is typically an employer-sponsored plan that hasn't changed since 2010, preventive care may be excluded or there may be specific costs for certain services. Ask your employer if your plan is a "grandfathered plan" as defined by the Affordable Care Act. 3) If you're employed by certain religious employers, eligible organizations or closely-held for-profit companies with an exemption, contraceptives may be excluded from your benefits. ©2017 Priority Health PH919 9235B 09/17*

*Priority Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia en su idioma. Consulte al número de Servicio al Cliente que está en la parte de atrás de su tarjeta de identificación de miembro. (TTY: 711).*

*ملاحظة: إذا كنت تتحدث العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. يرجى الاتصال برقم خدمة العملاء على الجانب الخلفي من بطاقة عضويتك الشخصية. (رقم هاتف الصم والبكم: 711).*