

# Your Preventive Care



Preventive care can help you and your doctor stop illnesses or diseases before they start. As a Capital BlueCross member, preventive care from an in-network doctor is covered—and could be at no cost to you\*.

Here is some helpful information about preventive care, how your plan covers it, and the difference between preventive and nonpreventive care.

<b>What is preventive care?</b>	Well visits (also called checkups or physicals), screenings, and immunizations (shots) are examples of preventive care. Screenings may include blood pressure checks, colonoscopies, and mammograms, among many other services.
<b>What is the difference between preventive and nonpreventive care?</b>	Your doctor usually provides preventive care when you are symptom free and have no reason to believe that you might be sick. On the other hand, your doctor typically provides nonpreventive, or diagnostic, care when you don't feel well or are showing signs of an illness.
<b>What treatment and services are not considered preventive?</b>	Treatment for specific health conditions, lab work, or other tests to manage your health can be considered diagnostic, not preventive. For example, if you have diabetes and see your doctor often to help manage your condition, your on-going care may likely not be considered preventive but diagnostic in nature.
<b>Can my doctor perform preventive and nonpreventive care during the same visit?</b>	Yes. If your doctor finds a problem and treats it during a preventive visit, that additional care may be billed to your health plan, and you could be responsible for copays, coinsurance, or deductible, depending upon your plan's benefits. However, you can help ensure that your visit stays a preventive one by asking your doctor whether the additional treatment is considered part of your preventive care or really necessary.

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[capbluecross.com](https://www.capbluecross.com)

\*For a complete list of recommended preventive healthcare services, visit [capbluecross.com/preventive](https://www.capbluecross.com/preventive) or call the Member Services number on your member ID card. Also, refer to your Certificate of Coverage to see how your plan covers nonpreventive, diagnostic, or on-going care.

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