



# Preventive Care

**HealthSelect**  
of Texas<sup>®</sup>

CONSUMER DIRECTED  
**HealthSelect**<sup>SM</sup>



BlueCross BlueShield  
of Texas

# What is preventive care?

- Preventive care is health care that helps prevent illness\*
- Includes annual wellness check-ups, screenings, routine check-ups and most vaccinations
- Covered at no cost to you when you get care from a network provider



\* Source: Centers for Disease Control and Prevention; Health Resources & Services Administration



# Why is preventive care important?

Preventive care can help you:

- **Stay up to date with check-ups, screenings and immunizations**
- **Lower your chance of getting sick**
- **Find health issues early so you can get care sooner**
- Improve your quality of life
- Save money on health care costs



# Where to go for preventive care

- Your primary care provider (PCP) – your best option for any preventive care
- Any network provider\* – preventive care is covered at 100% if your provider is in-network
- Retail Health Clinic\* – convenient option for vaccinations

**\* Important: If you have selected a PCP in the Kelsey-Seybold group, you may be responsible for out-of-pocket costs if you get care, including preventive care, from other network providers.**

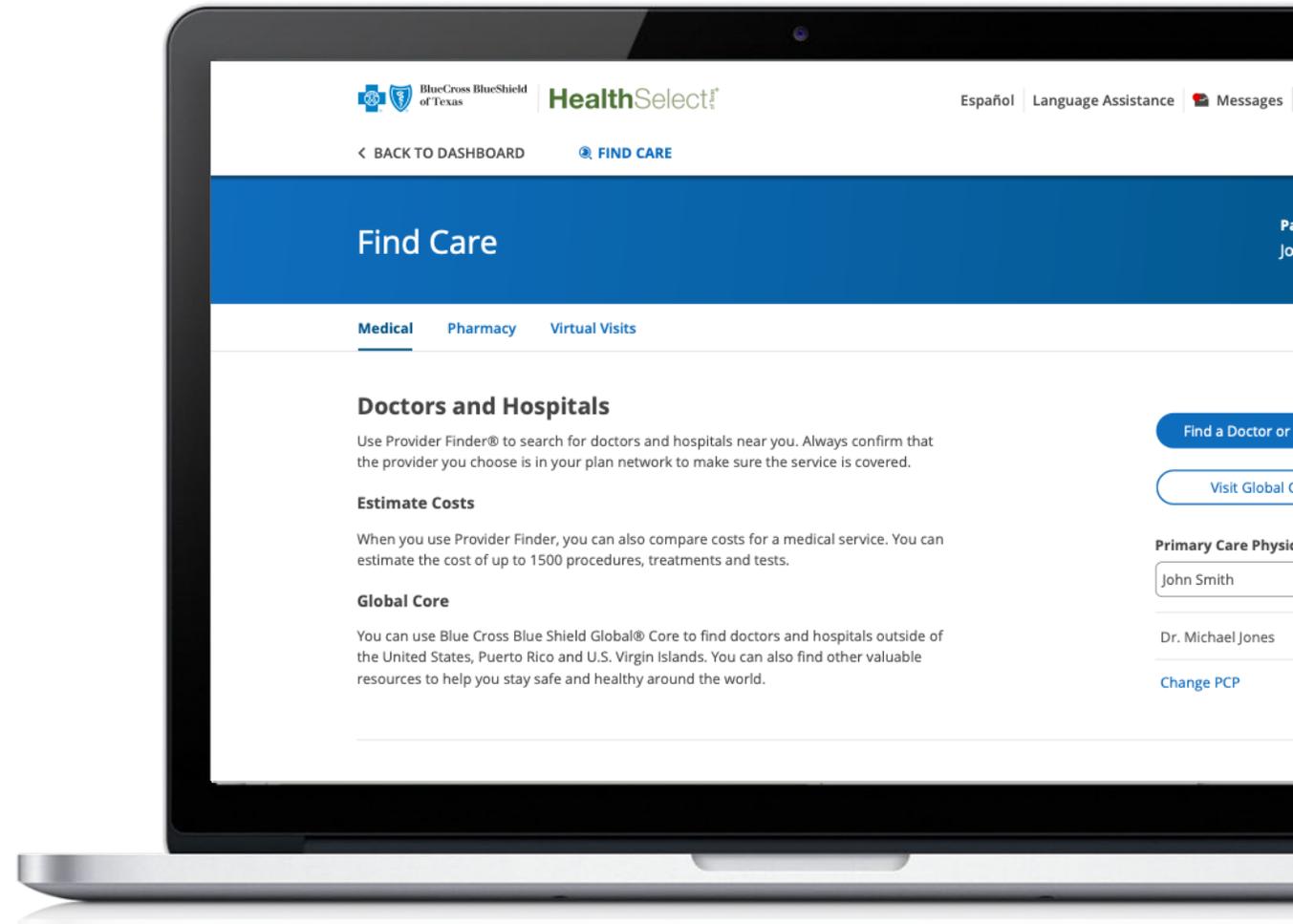


# How to find a PCP for preventive care

- Make your selection on Blue Access for Members<sup>SM</sup>

Or

- Call a BCBSTX Personal Health Assistant toll-free at **(800) 252-8039 (TTY: 711)**



# Learn more about your coverage

- Preventive Services Flier
  - Go to [www.healthselectoftexas.com](http://www.healthselectoftexas.com)
  - Click on Publications and Forms in the left-hand menu
  - Select “Preventive Services Flier”
- Master Benefits Plan Document
  - Also found on the Publications and Forms page on the HealthSelect website
- Call a BCBSTX Personal Health Assistant toll-free at **(800) 252-8039 (TTY: 711)**



**THESE PREVENTIVE SERVICES ARE COVERED AT NO COST WHEN YOU VISIT AN IN-NETWORK DOCTOR.<sup>1</sup>**

**FOR ADULTS**  
Annual preventive medical history and physical exam

**OVER 18**

**FOR CHILDREN**  
Annual preventive medical history and physical exam

**SCREENINGS FOR**

- Abdominal aortic aneurysm
- Cardiovascular disease (CVD) including cholesterol screening and statin use for the prevention of CVD
- Colorectal and lung cancer
- Depression
- Falls prevention
- High blood pressure, obesity, diabetes and depression
- Sexually transmitted infections, HIV, HPV and hepatitis
- Tuberculosis

**COUNSELING FOR**

- Alcohol misuse
- Domestic violence
- Healthy diet and physical activity counseling for adults who are overweight or obese and have additional cardiovascular disease risk factors
- Weight loss
- Sexually transmitted infections
- Skin cancer prevention

**SCREENINGS FOR**

- Autism
- Cervical dysplasia
- Depression
- Developmental delays
- Dyslipidemia
- Hearing loss, hypothyroidism (PKU) in newborns
- Hematocrit or hemoglobin
- Lead poisoning
- Obesity
- Sexually transmitted infections
- Tuberculosis
- Vision screening

**ASSESSMENTS AND COUNSELING**

- Alcohol and drug use assessment
- Obesity counseling
- Oral health risk assessment



# Blue Cross and Blue Shield of Texas Personal Health Assistants

For questions and help with:

- Selecting a PCP
- Benefits, prior authorizations and referrals
- Costs estimates, in-network providers and scheduling appointments
- Understanding additional resources

Call toll-free: **(800) 252-8039 (TTY: 711)**  
Monday–Friday: 7 a.m. - 7 p.m.  
Saturday: 7 a.m. - 3 p.m. CT



# Thank you



# Disclosures

**Under the Affordable Care Act, certain preventive health services are paid at 100% (at no cost to the participant) depending upon physician billing and diagnosis. In some cases, you may be responsible for payment on certain related services that are not guaranteed payment at 100% by the Affordable Care Act.**

**Blue Cross and Blue Shield of Texas is the third-party administrator for HealthSelect of Texas® and Consumer Directed HealthSelectSM.**

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