



Preventive Care

HealthSelect[®]
of Texas

CONSUMER DIRECTED
HealthSelectSM



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.**

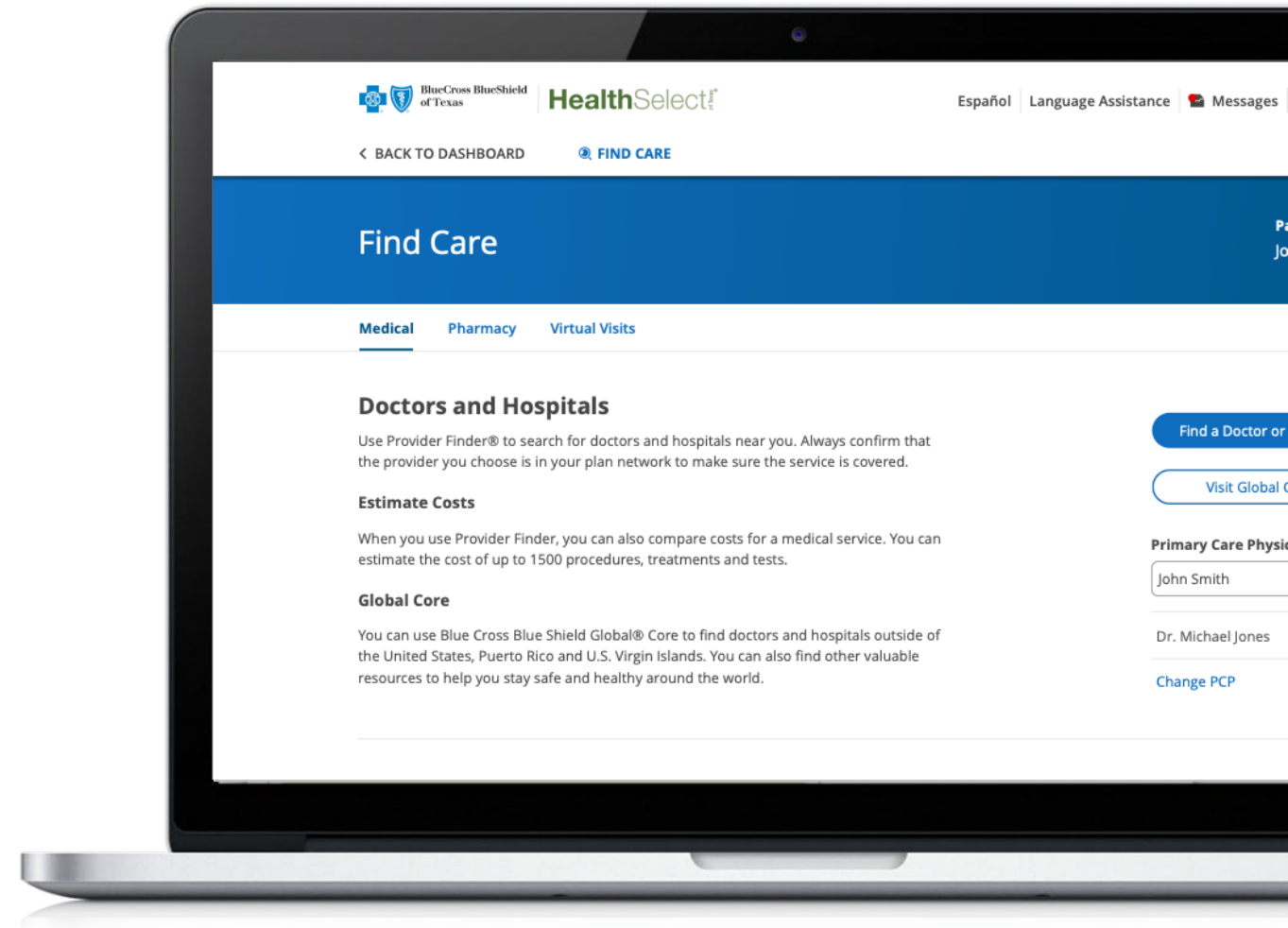


How to find a PCP for preventive care

- Make your selection on Blue Access for MembersSM

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**
 - 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)**



The flier is titled "HealthSelect of Texas" in green. Below the title, it states "THESE PREVENTIVE SERVICES ARE COVERED AT NO COST WHEN YOU VISIT AN IN-NETWORK DOCTOR.¹" in bold green text. A large green circle with the number "18" and the word "OVER" is positioned between the adult and children sections. The "FOR ADULTS" section lists screenings and counseling for adults. The "FOR CHILDREN" section lists screenings for children. The "ASSESSMENTS AND COUNSELING" section lists additional services.

HealthSelect[®]
of Texas

THESE PREVENTIVE SERVICES ARE COVERED AT NO COST WHEN YOU VISIT AN IN-NETWORK DOCTOR.¹

FOR ADULTS
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

OVER 18

FOR CHILDREN
Annual preventive medical history and physical exam

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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