

Preventive care: good for your well-being *and your wallet*

Wellesley College and Harvard Pilgrim are committed to helping you be as healthy as you can be. And one of the best ways to do that is to take advantage of your plan's preventive care benefits.

In addition to receiving care that can help identify health risks, a preventive care visit gives you a great opportunity to talk to your doctor. For instance, you can ask questions about lifestyle choices, stress, nutrition, or getting enough exercise and sleep.

Staying healthy also means more dollars stay in your pocket, because you'll spend less on health care expenses. Plus, many preventive care services are covered in full under your Harvard Pilgrim plan.



See the reverse for a list of preventive care services that can help you live a healthier life.

Important Notes

- You are not responsible for a copayment or other cost sharing for the preventive care services listed on the reverse.
- Additional care provided as a follow-up to preventive care and other care received during a preventive care visit may not be covered in full.



Harvard Pilgrim
Health Care



HEALTHY YOU
WORKING TOGETHER FOR YOUR WELLNESS



Preventive care services

The preventive services and tests listed below are covered with no member cost sharing when received from a Harvard Pilgrim in-network (plan) provider.

> Adults and Children

- Routine physical examinations
- Alcohol misuse screening and counseling (primary care visits only, beginning at age 11)
- Cholesterol screening
- Depression screening (adults, children ages 12-18, primary care visits only)
- Diet behavioral counseling (included as part of annual visit and intensive counseling by primary care clinicians or by nutritionists and dieticians)
- Hemoglobin A1c
- Immunizations, including flu shots
- Obesity screening and counseling (adults and children, in primary care settings)
- Sexually transmitted diseases (STDs) – screenings and counseling (adolescents, adults and pregnant women)
- Tobacco use screening and counseling (primary care visits only)
- Total cholesterol tests

> Adults Only

- Aspirin for the prevention of heart disease (primary care counseling only)
- Blood pressure screening (adults without known hypertension)
- Colorectal cancer screening, including colonoscopy, sigmoidoscopy and fecal occult blood test
- Diabetes screenings
- HIV screening

> Women Only

- Breast cancer chemoprevention (counseling only for women at high risk for breast cancer and low risk for adverse effects of chemoprevention)
- Breast cancer screening, including mammograms and counseling for genetic susceptibility screening
- Breastfeeding primary care interventions (applicable to pregnant women and new mothers; includes lactation classes and support at prenatal and post-partum visits, and newborn visits)
- Cervical cancer screening, including pap smears

- Folic acid supplements (women planning or capable of pregnancy only) **Note:** coverage for folic acid is only provided if your plan includes outpatient pharmacy coverage
- Hepatitis B testing (pregnant women at their first prenatal visit)
- Iron deficiency anemia (pregnant women at prenatal visits)
- Microalbuminuria test (pregnant women)
- Osteoporosis screening (screening to begin at age 60 for women at increased risk)
- Ovarian cancer susceptibility screening
- Rh (D) incompatibility, screening (pregnant women)
- Routine OB/GYN examinations
- Routine outpatient prenatal and postpartum visits

> Men Only

- Abdominal aortic aneurysm screening (for males 65-75 one time only, if ever smoked)

> Children Only

- Autism screening (for children at 18 and 24 months of age; primary care settings)
- Behavioral assessments (children of all ages; developmental surveillance, in primary care settings)
- Congenital hypothyroidism (screening for newborns only)
- Dental caries prevention - oral fluoride (for children to age 5 only) **Note:** Coverage for fluoride is only provided if your plan includes outpatient pharmacy coverage
- Dyslipidemia screening (for children at high risk for higher lipid levels)
- Hearing screening (screening for newborn only, primary care settings)
- Iron deficiency prevention (primary care counseling for children ages 6 to 12 months only)
- Lead screening (children at risk)
- Phenylketonuria screening (newborns before 7 days old)
- Sickle cell disease, screening (screening at birth and first newborn visit)
- Tuberculosis skin testing
- Vision screening (children to age 5 only)

Visit www.harvardpilgrim.org/wellesleycollege or <http://web.wellesley.edu/web/Dept/HR/healthyu.psml> for more helpful tools and information to help you find your way to better health.