



Preventive care services

UMR is dedicated to helping people live healthier lives. We encourage you to obtain preventive care services and health screenings, as appropriate for your age, to help maintain or improve your health and achieve your health and wellness goals.

Regular preventive care visits and health screenings may help to identify potential health risks for early diagnosis and treatment.

Most health plans typically cover preventive services, as specified in the health care reform law¹, at 100 percent without charging a copayment, coinsurance or deductible, as long as they are received in your health plan's network. Most also cover other routine services, which may require a copayment, coinsurance or deductible.

Always refer to your plan documents for your specific coverage.

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¹ Preventive services that are covered with no cost share are those services described in the United States Preventive Services Task Force A and B recommendations, the Advisory Committee on Immunization Practices (ACIP) of the CDC, and HRSA Guidelines for women, as well as children, including the American Academy of Pediatrics Bright Futures periodicity guidelines. Your plan may cover additional items as preventive. Refer to your plan documents for your specific coverage.



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Summary of preventive care services benefit

UMR and your employer are committed to advancing prevention and early detection of disease. The following is a high-level summary of the services that may be covered under the preventive care services benefit offered by your employer by age/gender groups (refer to your plan documents for your specific coverage):

All members

- Preventive medicine for adults², all standard immunizations recommended by the Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention (CDC)

All members at an appropriate age and/or risk status

Screening for:

- Obesity
- Cholesterol level and lipids
- Colorectal cancer² for ages 50-plus
- Certain sexually transmitted diseases, including HIV
- Cardiovascular disease aspirin use counseling for ages 45-plus
- High blood pressure
- Diabetes for certain populations
- Tobacco use
- Diet and nutrition
- Alcohol abuse
- Depression

Women's health services

- Screening mammography (film and digital) for all adult women²
- Cervical cancer screening, including Pap smears
- Genetic counseling for the BRCA breast cancer gene
- Counseling for cancer prevention strategies for women at high risk for breast cancer
- Screening for certain sexually transmitted diseases, including HIV for certain populations
- Osteoporosis for certain populations²
- Pregnant women screenings for:
 - o Iron-deficiency anemia
 - o Bacteria in urine
 - o Hepatitis B virus
 - o Rh incompatibility
- Yearly well-women visits
- Sexually transmitted infections counseling
- Contraception methods and counseling
- Domestic violence screening
- Gestational diabetes screening
- HIV screening and counseling
- Human papillomavirus testing (beginning at age 30, and for every three years thereafter)
- Breast-feeding support and supplies, including renting or purchase of specified breast-feeding equipment from an approved vendor and counseling

² Certain preventive care services are not currently required to be covered by the health reform law; however, various additional services may be covered under your preventive care services benefit.

Men's health

Screening for:

- Human papillomavirus for males ages 9-26 years old
- Abdominal aortic aneurysm for men 65-75 years old who have ever smoked

Children

Services at each of these preventive visits will vary based on age, but will include some of the following:

- Measurement of your child's head size
- Measurement of length/height and weight
- Screening blood tests, if appropriate
- Providing age appropriate immunizations
- Vision screening
- Hearing screening
- Counseling on oral health
- Psychological and behavioral development assessment
- Counseling on the harmful effects of smoking and illicit use of drugs (for older children and adolescents)
- Counseling for children and their parents on nutrition and exercise
- Screening certain children at high risk for high cholesterol, sexually transmitted diseases, lead poisoning, tuberculosis and more

Please talk with your doctor and make the health care decisions **that may be right for you in managing your own health today.**



*Talk to
your doctor*

***Consult your
doctor for your
specific preventive
recommendations,
as he or she is your
most important
source of
information about
your health.***



More information

To learn more about the preventive care services that may be right for you, visit www.uhcpreventivecare.com.

Note:

The screenings are provided with no cost sharing. Medications prescribed to treat a condition are not covered without cost-share under the preventive services benefit¹.

The content provided is for informational purposes only, and does not constitute medical advice. Always consult your doctor before making any decisions about medical care. Certain procedures may not be fully covered under some benefit plans. Always refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on the back of your health plan ID card. Administrative services provided by UMR.



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