

## Getting the Most Out of Your Preventive Care

### **A few moments of prevention can lead to a lifetime of good health.**

From immunizations to routine check-ups to cancer screenings, getting the best healthcare means making smart decisions about routine preventive care services that can help keep you healthy.

Many types of routine preventive care and the related office visit are covered at 100% with no out-of-pocket costs when you go to an in-network doctor or facility.

Use these tips and go to [BlueKC.com/Preventive](https://www.bluekc.com/preventive) to find a listing of services and more information.



### **Important Things to Keep in Mind**

#### **Make sure your doctor is in your plan's network.**

Access Find Care after logging in at [MyBlueKC.com](https://www.mybluekc.com) to find healthcare providers in your network.

#### **When you schedule your appointment, say you want preventive care screenings and tests that are 100% covered by your plan.**

Services must be billed with a primary diagnosis of preventive to be covered at 100%. Routine preventive care services are subject to the terms, conditions and limitations of your Contract/Certificate of Coverage. Not all plans will cover all preventive services at 100%, so be sure to consult your Certificate of Coverage for details.

#### **Ask if any tests or treatments done during your appointment might not be considered preventive care.**

Your provider may order tests during your preventive care visit that are not preventive care. These tests may be subject to deductibles, copays and/or coinsurance.

#### **Ask if talking about other health problems that are not considered preventive care during your appointment will lead to extra costs.**

Your provider may also treat an existing condition (or you may have symptoms of an illness at the time of your visit). Treatment, tests or office visits for that existing condition are not preventive care and are subject to deductibles, copays and/or coinsurance.

### **Find a list of routine preventive services that may be covered by your plan:**

Visit [BlueKC.com/preventive](https://www.bluekc.com/preventive).



Preventive

For costs and further details of the coverage, including exclusions, any reductions or limitations and the terms under which the policy may be continued in force, see your insurance producer or write Blue KC.

**NOTE:** The Member Guide provides a general overview of services and benefits that may be included in some Blue KC health plans. Because coverage details can vary, we encourage you to review your specific plan documents for accurate information. For details about your coverage, please refer to your Summary of Benefits and Coverage (SBC) by visiting [MyBlueKC.com](https://www.mybluekc.com) and clicking on **Plan Benefits**.