Preventive Care Services

Preventive care services are wellness visits, screenings, and vaccinations that can help keep you healthy.

EXAMPLES OF PREVENTIVE CARE SERVICES

- **WELLNESS VISITS:** Checkups are for everyone including children, teens, and adults. Seeing your primary care doctor once a year for a preventive exam helps to make sure you get the care you need. Babies and toddlers should see the doctor more often than once a year.

- **FLU SHOT:** Getting a flu shot is the best way to prevent the flu. Visit your doctor's office or pharmacy to get the flu shot each year.

- **PAP TEST:** For women age 21 and older, getting regular pap tests can help detect cervical cancer. Talk to your doctor about how often you need to have one.

- **MAMMOGRAM:** For women age 40 and older, it's important to have a mammogram annually to check for breast cancer.

- **CHOLESTEROL SCREENING:** For adults age 20 and over, this test checks for lipid disorders, coronary heart disease, and other signs and risks for cardiovascular disease. Ask your doctor for this screening at your next wellness visit.

- **COLONOSCOPY:** If you are age 50 or older, talk to your doctor about getting a colonoscopy.

Call our Member Services if you have questions about your benefits. 1-888-271-5870.

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Primary Care Physician (PCP)

A Primary Care Physician (PCP) is a doctor you see for most of your medical care. A PCP will help to make sure you get the care you need. We recommend that you choose a PCP.

CHOOSING YOUR DOCTOR WILL

- Help keep track of all of your health concerns.

- See you for routine check-ups.

- Treat you when you are sick or injured.

- Refer you to a specialist (if needed).

- Be your contact if you need care after office hours (except emergencies).

HERE ARE THE KINDS OF DOCTORS WHO ARE PCPS

- Family Practice (for all ages).

- Internal Medicine (for adults).

- Pediatrician (for children).

- Obstetrics and Gynecology (OB/GYN – for women). You may also choose a Certified Nurse Midwife (CNM) if you are having a baby.

If you need help finding a PCP, call our Access Assistance. 801-587-2851. You can also get a list of PCP doctors on our website, uhealthplan.utah.edu

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