

Preventive Care Services

Preventive care services are wellness visits, screenings, and vaccinations that can help keep you healthy. Your plan covers these services at **ZERO COST** to you and your family.

EXAMPLES OF PREVENTIVE CARE SERVICES

- **WELLNESS VISITS:** Check-ups are for everyone, including children, teens, and adults. Seeing your primary care doctor once a year for a preventive exam helps to ensure health problems are detected early and that you get the care you need. Babies and toddlers should see the doctor more often than once a year.
- **FLU SHOT:** Getting an annual 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.
- **BREAST CANCER SCREENING:** For women age 40 and older, it's important to have a mammogram annually to check for breast cancer. If you have dense breasts or a strong family history of breast cancer, breast ultrasound or MRI may also be covered as preventive services.
- **CHOLESTEROL SCREENING:** For adults age 20 and over, this test checks for problems with fat levels in the blood, which can contribute to heart attacks, strokes, and other blood vessel issues. Ask your doctor for this screening at your next wellness visit.
- **COLON CANCER SCREENING:** If you are age 45 or older, talk to your doctor about getting screened for colon cancer. There are multiple screening methods, including stool testing or colonoscopy.
- **EYE EXAM:** Your plan covers one annual adult preventive routine eye exam. This exam can identify problems that, if treated early, can prevent blindness and other eye diseases.

Call Member Services if you have questions about your benefits at 1-833-981-0214.



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Primary Care Provider (PCP)

A primary care provider (PCP) is a doctor, nurse practitioner (NP), or physician assistant (PA) who sees you for your routine care. Having a PCP who knows your health history and is available to address your health care needs may avoid unnecessary emergency room or urgent care visits, which may cost you more.

PRIMARY CARE PROVIDERS CAN

- Help manage your chronic conditions
- See you for routine and preventive health check-ups
- Treat you when you are acutely sick or injured
- Refer you to a specialist (if needed)
- Be your contact if you need care after office hours (except emergencies)

PRIMARY CARE INCLUDES THE FOLLOWING SPECIALTIES

- Family Practice (for all ages)
- Internal Medicine (for adults)
- Pediatrics (for children)
- Obstetrics and Gynecology (OB/GYN) – you may also choose a Certified Nurse Midwife (CNM) if you are having a baby

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



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