

# Protect your health with preventive care

**You don't want to get sick. Nobody does. And you certainly don't want to end up with a major medical problem.** That's why it's so important to go for an annual preventive exam with your doctor. At this appointment, your doctor can review your medical history, discuss any potential health risks, and help you determine if you need important tests like cancer screenings. Recommended preventive screenings are available at no out-of-pocket cost.

See the attached listing of preventive services, and if you have any questions, please refer to your **Benefit Booklet** or call the **Lifespan Employee CARE Center** at **(401) 429-2102** or **1-866-987-3706**, Monday through Friday, 8:00 a.m. to 8:00 p.m., and Saturday, 8:00 a.m. to noon.



## Preventive healthcare services

Preventive healthcare services can help you avoid potential health problems or find them early—sometimes before you feel sick or have symptoms—when they are generally more treatable.

**Note:** In order for preventive services to be covered without cost-sharing, members must receive services from a network provider, and certain age, sex, and risk profile requirements may apply. For details about preventive services coverage, please refer to your Benefit Booklet or call the **Lifespan Employee CARE Center** at **(401) 429-2102** or **1-866-987-3706**, Monday through Friday, 8:00 a.m. to 8:00 p.m., and Saturday, 8:00 a.m. to noon.

	Women	Men	Children
Abdominal aortic aneurysm one-time screening	•	•	
Abnormal blood glucose screening	•	•	
Alcohol misuse screening and counseling	•	•	•
Alcohol, tobacco, and drug use assessment			•
Anemia screening	•		•
Aspirin use	•	•	
Bacteriuria screening “pregnant women”	•		
Behavioral assessments (0-11mths, 1-4yrs, 5-10yrs, 11-14yrs, 15-17yrs)			•
Bilirubin newborn screening			•
Blood pressure screening	•	•	•
Breast cancer genetic test counseling (BRCA)	•		
Breast cancer mammography screening	•		
Breast cancer preventive medications	•		
Breastfeeding comprehensive support and counseling	•		
Cervical screening cancer and human papilloma virus (HPV)	•		
Cervical dysplasia screening			•
Chlamydia infection screening	•		
Cholesterol screening (dyslipidemia)	•	•	•
Colorectal cancer screening	•	•	
Contraceptives	•		
Critical congenital heart defect screening			•
Dental caries screening			•
Depression screening	•	•	•
Developmental and autism screening			•
Diabetes (type 2) screening	•	•	
Domestic and interpersonal violence screening and counseling	•		
Fall prevention	•	•	

	Women	Men	Children
Folic acid	•		
Fluoride chemoprevention supplements			•
Fluoride varnish			•
Gestational diabetes	•		
Gonorrhea screening for newborns			•
Gonorrhea preventive medication			•
Healthy diet and physical activity counseling	•	•	
Hearing screening for newborns/children			•
Height, weight, and body mass index (BMI)			•
Hemoglobinopathies or sickle cell screening			•
Hepatitis B screening	•	•	•
Hepatitis C screening	•	•	
HIV infection prevention (preexposure prophylaxis)	•	•	
HIV screening	•	•	•
Hypothyroidism screening for newborns			•
Immunizations per AAP and CDC guidelines	•	•	•
Intimate partner violence screening	•	•	
Lead screening			•
Low dose aspirin use, prevention of preeclampsia	•		
Lung cancer screening	•	•	
Maternal depression screening	•		
Newborn blood screening			•
Obesity screening and counseling	•	•	•
Ocular prophylaxis for gonococcal ophthalmia neonatorum			•
Osteoporosis screening	•		
Phenylketonuria (PKU) screening			•
Preeclampsia screening	•		
Rh incompatibility prevention and screening	•		
Screening for lipid disorders (for children at higher risk)			•
Sexually transmitted infection (STI) screening, prevention counseling	•	•	•
Skin cancer prevention, behavioral counseling	•	•	
Statin preventive medication	•	•	

	Women	Men	Children
Syphilis screening	•	•	
Tobacco use screening	•	•	•
Tuberculosis screening	•	•	•
Unhealthy drug use	•	•	
Urinary incontinence screening	•		
Urinary tract or other infection screening for pregnant women	•		
Vision screening			•
Weight loss to prevent obesity-related morbidity and mortality	•	•	
Well visits for adults and children	•	•	•

**Source:** HealthCare.gov

Some of these services are available under the prescription drug benefit plan, and not BCBSRI's medical plan. Guidelines and covered preventive healthcare services may change over time. Note: In order for preventive services to be covered without cost-sharing, members must receive services from a network provider, and certain age, sex, and risk profile requirements may apply. For details about preventive services coverage, please refer to your Benefit Booklet or call the Lifespan Employee CARE Center.



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