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 **Brown University Health 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 **Brown University Health 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.

Covered preventive services by audience

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

Preventive service	Women	Men	Children
Diabetes (type 2) screening	Yes	Yes	
Domestic and interpersonal violence screening and counseling	Yes		
Fall prevention	Yes	Yes	
Folic acid	Yes		
Fluoride chemoprevention supplements			Yes
Fluoride varnish			Yes
Gestational diabetes	Yes		
Gonorrhea screening for newborns			Yes
Gonorrhea preventive medication			Yes
Healthy diet and physical activity counseling	Yes	Yes	
Hearing screening for newborns/children			Yes
Height, weight, and body mass index (BMI)			Yes
Hemoglobinopathies or sickle cell screening			Yes
Hepatitis B screening	Yes	Yes	Yes
Hepatitis C screening	Yes	Yes	
HIV infection prevention (preexposure prophylaxis)	Yes	Yes	
HIV screening	Yes	Yes	Yes
Hypothyroidism screening for newborns			Yes
Immunizations per AAP and CDC guidelines	Yes	Yes	Yes
Intimate partner violence screening	Yes	Yes	
Lead screening			Yes
Low dose aspirin use, prevention of preeclampsia	Yes		
Lung cancer screening	Yes	Yes	
Maternal depression screening	Yes		
Newborn blood screening			Yes
Obesity screening and counseling	Yes	Yes	Yes
Ocular prophylaxis for gonococcal ophthalmia neonatorum			Yes
Osteoporosis screening	Yes		
Phenylketonuria (PKU) screening			Yes
Preeclampsia screening	Yes		
Rh incompatibility prevention and screening	Yes		
Screening for lipid disorders (for children at higher risk)			Yes

Preventive service	Women	Men	Children
Sexually transmitted infection (STI) screening, prevention counseling	Yes	Yes	Yes
Skin cancer prevention, behavioral counseling	Yes	Yes	
Statin preventive medication	Yes	Yes	
Syphilis screening	Yes	Yes	
Tobacco use screening	Yes	Yes	Yes
Tuberculosis screening	Yes	Yes	Yes
Unhealthy drug use	Yes	Yes	
Urinary incontinence screening	Yes		
Urinary tract or other infection screening for pregnant women	Yes		
Vision screening			Yes
Weight loss to prevent obesity-related morbidity and mortality	Yes	Yes	
Well visits for adults and children	Yes	Yes	Yes

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.

Blue Cross Blue Shield of Rhode Island

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