Your *preventive* benefits



Diagnostic or preventive care? What's the difference?

Preventive and diagnostic care are ways to keep you feeling your best. Knowing the difference between them isn't always easy, but it's important.

Preventive care helps you maintain your general health by focusing on disease prevention and routine screenings. The goal of preventive care is to find and diagnose health problems early before they become serious. Your Security Health Plan policy provides 100% coverage for certain preventive care services. You should always refer to your plan documents for specific coverage information.

Diagnostic care is service you receive for newly diagnosed health problems or follow-up care for an existing illness or condition. You may be charged for diagnostic care during a preventive visit if a health concern is discussed with your health care provider, or if your medical services are provided for an existing illness, injury or condition.

Why it's important to know the difference

Your provider can bill you for a number of services during a single office visit, depending on what you discuss, what kind of tests are performed, labs ordered or medications prescribed. Both preventive and diagnostic services can be provided in a single office visit. Call your provider before your visit if you have questions about tests or labs you're scheduled to receive before you meet with your provider.

Security Health Plan encourages a preventive approach to health care including a routine physical exam.

Preventive care can help lower your risk for illness, disease and other health problems. It can also improve your chances of living a long and healthy life.

Your plan covers one preventive care visit per year, at no additional cost to you.

To learn about what preventive care services are right for you, talk with your health care provider or use the U.S. Department of Health and Human Services My Healthfinder Tool at **health.gov/myhealthfinder.**

Learn more about Security Health Plan's approach to preventive health care at **www.securityhealth.org/preventive.**

more information >

Care to keep you feeling your best.

Listed below are some of the preventive care services covered by your plan. Talk with your primary care provider about your need for any of these or other preventive services.

Covered preventive services	Frequency limit/coverage
Annual wellness visit	Covered at 100%
Screening colonoscopy	Covered at 100% every 5 years; or for individuals with polyps or a family history of colon cancer covered at 100% every 2 years
Mammogram to screen for breast cancer	One service covered at 100% per calendar year
Hemoglobin (A1C) blood tests for diabetics	Two services covered at 100% per calendar year
Immunizations	Covered at 100%

Medical visit/service examples	Services your provider can bill for	Covered under your preventive benefit
 Amanda went in for her annual wellness visit. She is feeling healthy and had no health concerns. Her visit is covered by her preventive benefit.	• Annual wellness exam	yes
 Mike went in for his annual preventive exam with his primary care provider. He had lab tests done to check his cholesterol and liver function. His provider also refilled his prescriptions.	• Preventive exam • Cholesterol lab check • Liver function lab • Office visit	yes no no no
 Shaun was diagnosed with colon cancer two years ago. This year, she is having a colonoscopy. Her doctor recommended she have a consultation before the procedure.	• Office visit • Colonoscopy	no yes

Refer to your plan documents for a list of the preventive services covered by your plan. Log in to your ***My Security Health Plan*** online account for quick access to view your plan documents, or call Customer Service at **1-800-472-2363** (TTY 711) to request printed copies of your documents.

See your primary care provider (PCP) annually for a preventive care visit. During your preventive care visit, your provider will:

- Talk with you about your personal and family health history
- Discuss your current health, lifestyle and behaviors
- Perform a physical exam
- Suggest other screening services you may need

To get started, choose a primary care provider (PCP) that is in your network.

PCPs are preventive care specialists who can help you reduce your risks and help you create lifelong healthy habits. To find a PCP in your network, go to **www.securityhealth.org/directory**

Notice of nondiscrimination

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Limited English proficiency services

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-800-472-2363 (TTY 711). ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-472-2363 (TTY 711). LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-800-472-2363 (TTY 711).

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