

Preventive Care

Let's Get Back to the Doc!

BECAUSE YOUR HEALTH MATTERS

Did you know?



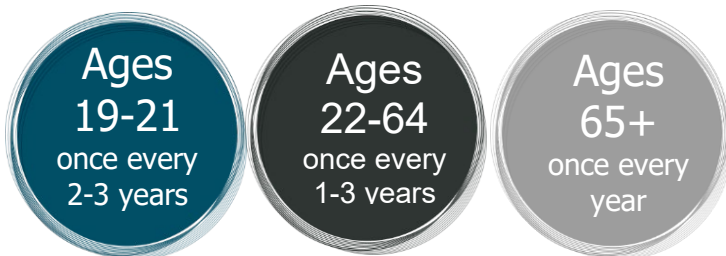
One-third of Americans living with a chronic disease don't know they have it.

Source: CDC

What should you do?

Regularly complete routine preventive exams to identify health problems in the early stages, when they may be easier and less costly to treat.

Routine preventive exams recommended:



Source: 2015 Priority Health. Guidelines may change throughout the year based on new research and recommendations.

Routine preventive exams should include:

- Review of past medical, social, and family history
- Review of medications
- Review of age and gender-appropriate screenings
- Complete physical exam
- Immunizations
- Counseling/anticipatory guidance/risk factor reduction interventions

Source: 2015 Health Tradition Health Plan

TIPS:

- Review your health plan summary of benefits prior to your appointment. Know which services are covered.
- To help ensure that you are billed for a preventive visit and not a medical treatment visit, use the term "routine preventive exam" or "annual physical" instead of "checkup".
- Be aware that if you bring up health problems during your routine preventive exam, your bill may include a charge related to the treatment of that problem.

Source: 2015 Health Tradition Health Plan

It's Time to Get Back to the Doc!