



# HealthSelect<sup>®</sup> of Texas<sup>®</sup>

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## Preventive Care



# What is preventive care?

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- Preventive care is health care that helps prevent illness\*
- Includes annual wellness check-ups, screenings, routine check-ups and most vaccinations
- Covered at no cost to you when received from a network provider



\* Source: Centers for Disease Control and Prevention; Health Resources & Services Administration



# Why is preventive care important?

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## Preventive care can help you:

- Stay up to date with check-ups, screenings and immunizations
- Improve your quality of life
- Save money on health care costs





# Where to go for preventive care

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- Your Primary Care Provider (PCP) – your best option for any preventive care
- Any network provider\* – preventive care is covered at 100% if your provider is in-network
- Retail Health Clinic\* – convenient option for vaccinations

**\* Important:** If you have selected a PCP in the Kelsey-Seybold group, you may be responsible for out-of-pocket costs if you get care, including preventive care, from other network providers.



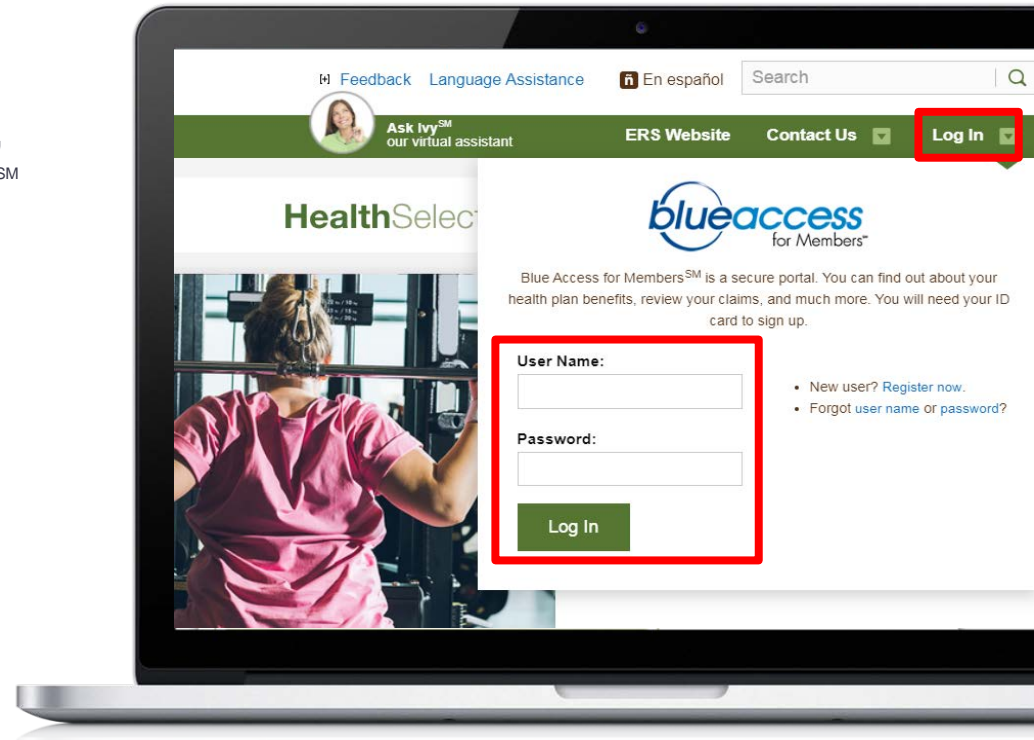
# How to find a PCP for preventive care

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## Step one:

Go to **www.healthselectoftexas.com**,  
and log in to Blue Access for Members<sup>SM</sup>  
in the top right-hand corner.



**www.healthselectoftexas.com**

# How to find a PCP for preventive care (cont.)

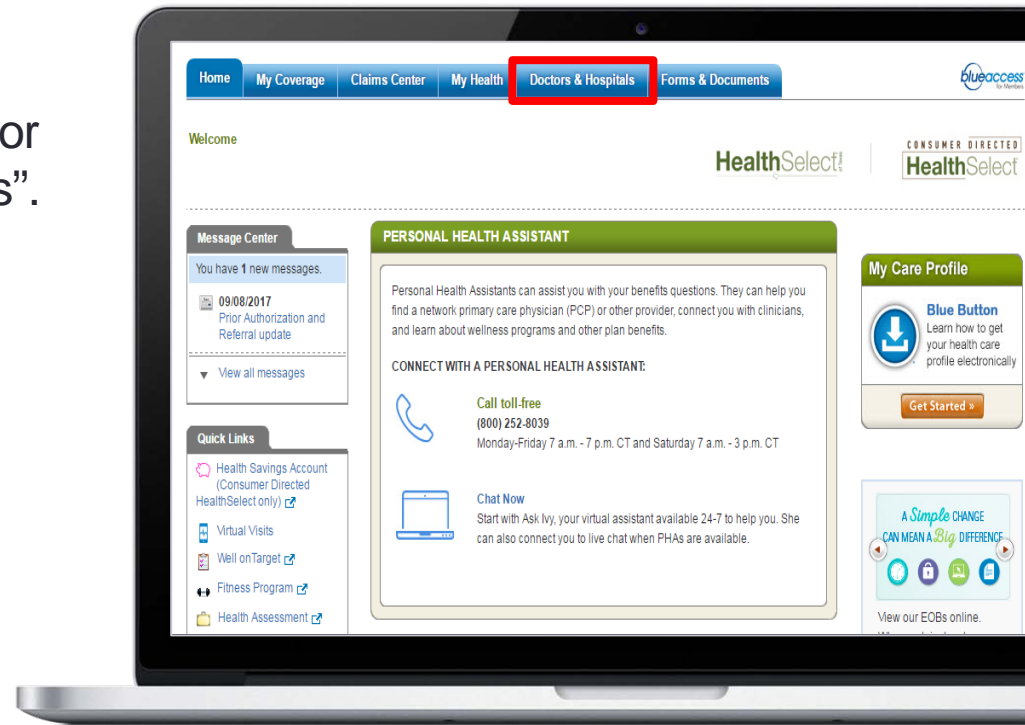
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## Step two:

Once you're logged in to Blue Access for Members, click on "Doctors & Hospitals".

- You will then be redirected to Provider Finder<sup>®</sup>.



[www.healthselectoftexas.com](http://www.healthselectoftexas.com)

# How to find a PCP for preventive care (cont.)

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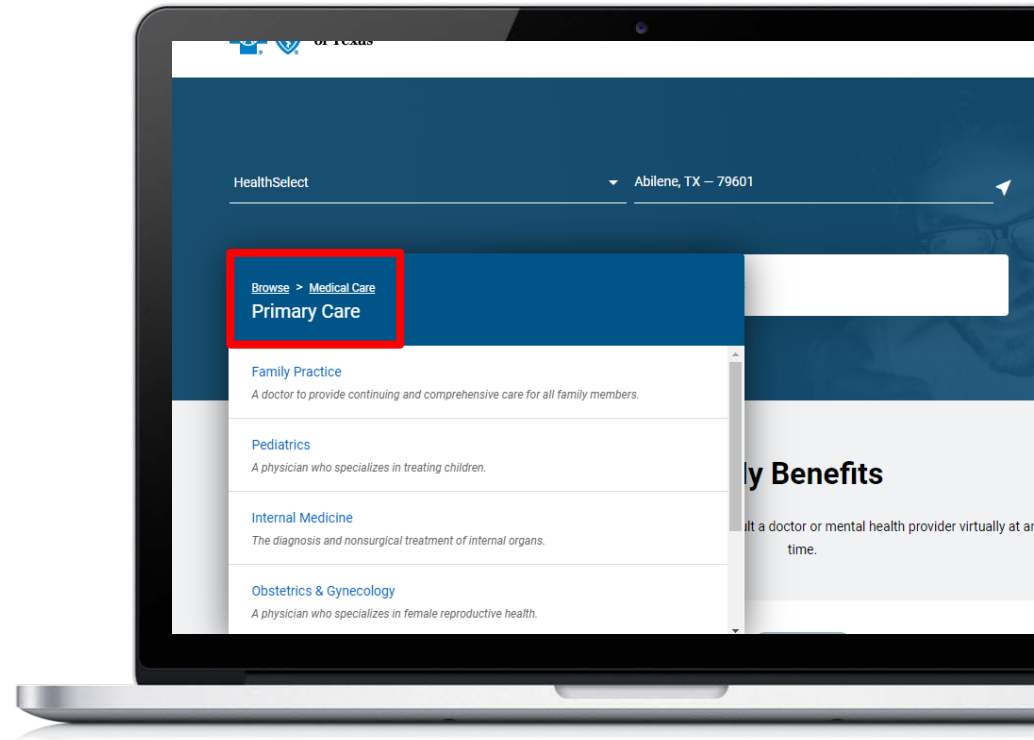
## Step three:

In Provider Finder, search by specialty or name.

1. First, select [Medical Care](#)
2. Then, select [Primary Care Provider](#)

Or

Call a BCBSTX Personal Health Assistant toll-free at **(800) 252-8039**



[www.healthselectoftexas.com](http://www.healthselectoftexas.com)

# Learn more about your coverage

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- Preventive Services Flier
  - Go to [www.healthselectoftexas.com](http://www.healthselectoftexas.com)
  - Click on Publications and Forms in the left-hand menu
  - Select “[Preventive Services Flier](#)”
- Master Benefits Plan Document
  - Also found on the Publications and Forms page on the HealthSelect website
- Call a BCBSTX Personal Health Assistant toll-free at **(800) 252-8039**

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**THESE PREVENTIVE SERVICES ARE COVERED AT NO COST WHEN YOU VISIT AN IN-NETWORK DOCTOR.<sup>1</sup>**

**FOR ADULTS**  
Annual preventive medical history and physical exam

**SCREENINGS FOR**

- ☐ Abdominal aortic aneurysm
- ☐ Cardiovascular disease (CVD) including cholesterol screening and statin use for the prevention of CVD
- ☐ Colorectal and lung cancer
- ☐ Depression
- ☐ Falls prevention
- ☐ High blood pressure, obesity, diabetes and depression
- ☐ Sexually transmitted infections, HIV, HPV and hepatitis
- ☐ Tuberculosis

**COUNSELING FOR**

- ☐ Alcohol misuse
- ☐ Domestic violence
- ☐ Healthy diet and physical activity counseling for adults who are overweight or obese and have additional cardiovascular disease risk factors
- ☐ Weight loss
- ☐ Sexually transmitted infections
- ☐ Skin cancer prevention

**OVER 18**

**FOR CHILDREN**  
Annual preventive medical history and physical exam

**SCREENINGS FOR**

- ☐ Autism
- ☐ Cervical dysplasia
- ☐ Depression
- ☐ Developmental delays
- ☐ Dyslipidemia
- ☐ Hearing loss, hypothyroidism (PKU) in newborns
- ☐ Hematocrit or hemoglobin
- ☐ Lead poisoning
- ☐ Obesity
- ☐ Sexually transmitted infections
- ☐ Tuberculosis
- ☐ Vision screening

**ASSESSMENTS AND COUNSELING**

- ☐ Alcohol and drug use assessment
- ☐ Obesity counseling
- ☐ Oral health risk assessment

*Excerpt from the Preventive Services Flier*





# BCBSTX Personal Health Assistants

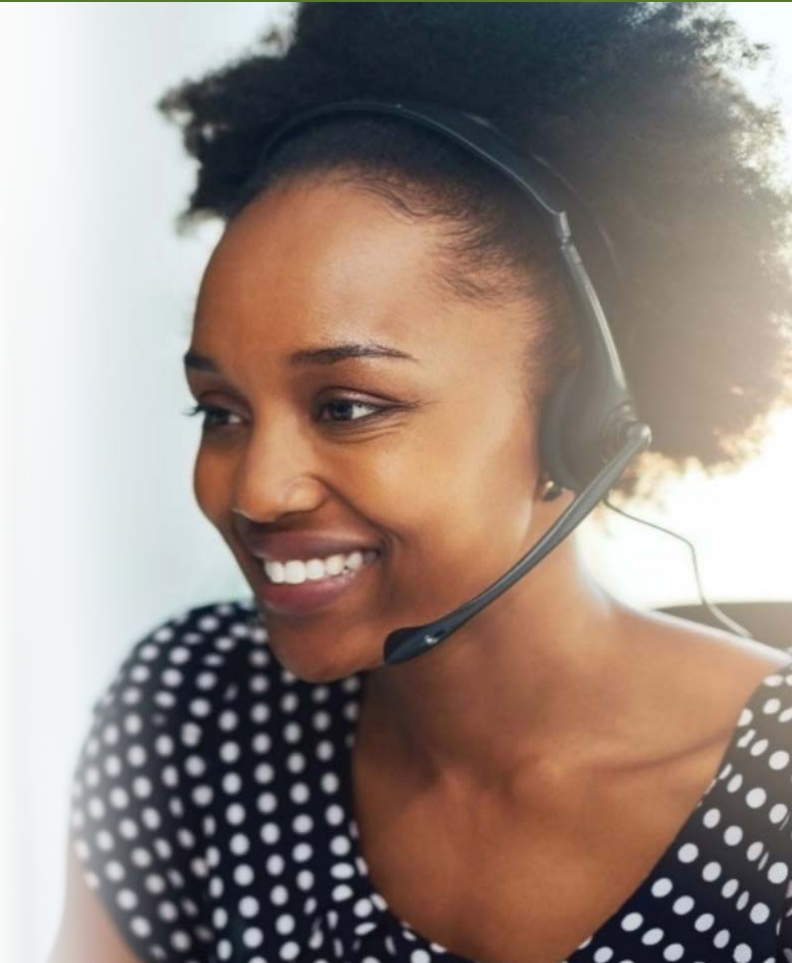
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## A BCBSTX Personal Health Assistant can:

- Answer your preventive care questions
- Help you find a PCP or other in-network providers
- Assist you in the use of self-service tools such as **Provider Finder<sup>®</sup>** and Cost Estimator
- Help connect you to other useful resources

Call toll-free: **(800) 252-8039**  
Monday–Friday: 7 a.m. - 7 p.m.  
Saturday: 7 a.m. - 3 p.m. CT

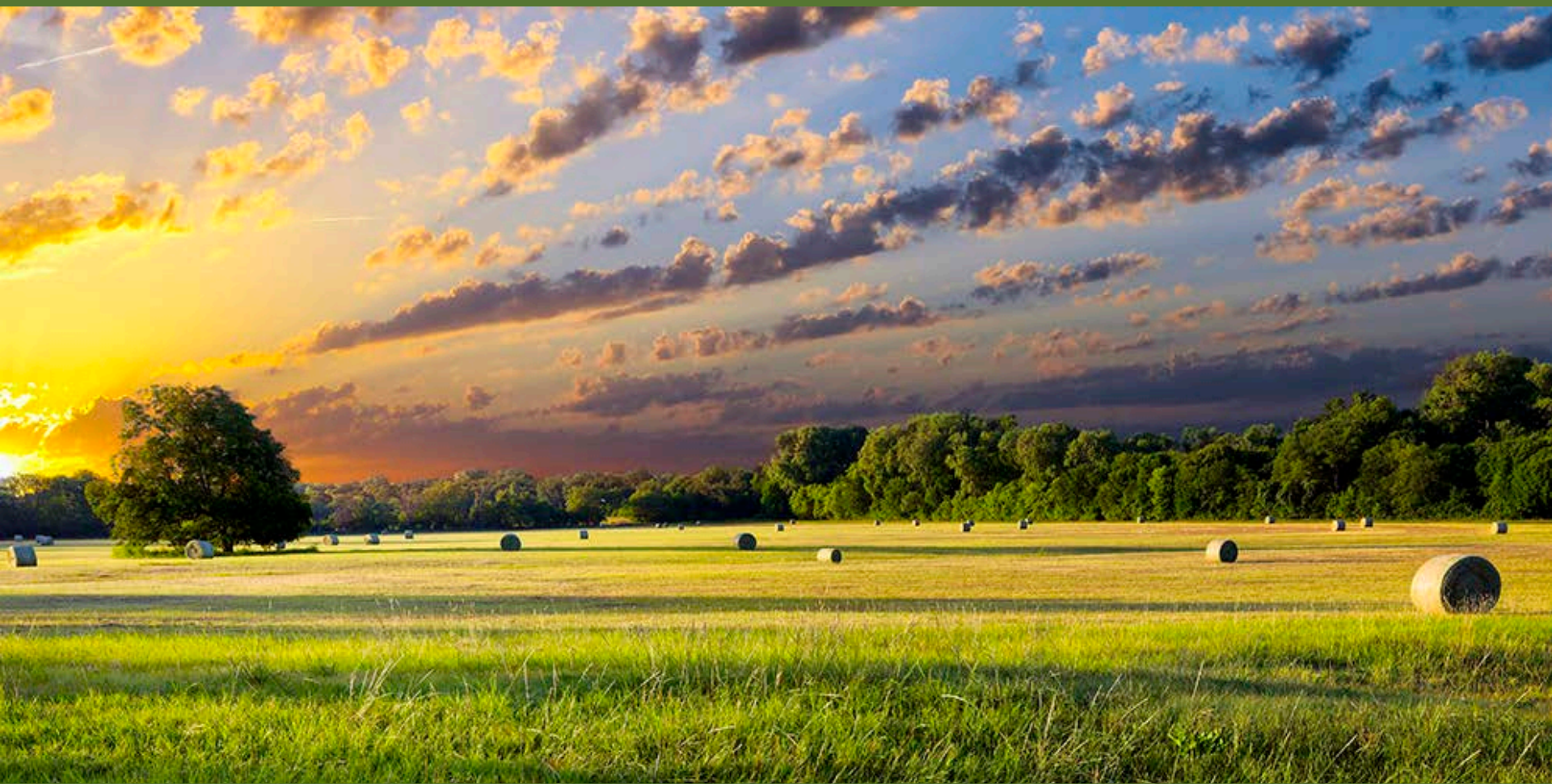




# Thank you

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# Disclosures

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Under the Affordable Care Act, certain preventive health services are paid at 100% (at no cost to the participant) depending upon physician billing and diagnosis. In some cases, you may be responsible for payment on certain related services that are not guaranteed payment at 100% by the Affordable Care Act.

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