



# Take charge of your health

Schedule your annual preventive exam

**Regular preventive exams are your best defense against illness and disease. By seeing your doctor each year, even when you feel well, you can catch health issues early.**

Preventive care helps to identify issues before they become serious health concerns. Finding issues early and avoiding illnesses that can be prevented through immunizations, like the flu, can even help you save money on your health care costs.

## How preventive care is covered

As an Independence Blue Cross (IBX) member, you and your family can receive essential preventive exams, screenings, and immunizations at no cost.<sup>1</sup>

**1** annual exam per year **100%** covered at most in-network providers

## Tell your doctor you're there for preventive care

If you don't have a primary care physician (PCP), you should choose one. A PCP, or family doctor, gets to know you, keeps a record of your health history, and helps coordinate your care.



## Schedule a well visit today!

Choose a PCP or other in-network doctor by logging in at **ibx.com**.

On the left side of the homepage, click on the *My Health & Care Team* tab, and then on *Find a Doctor or Hospital*. When you call, be sure to schedule it as a preventive exam or well visit, so it's billed properly.

When you visit your doctor for a routine preventive exam and don't have symptoms or a health history that requires treatment or additional screenings, let them know that your appointment is for **preventive care** to help ensure your visit is billed correctly.

If your PCP provides **diagnostic care** during your visit, such as addressing symptoms or medical conditions, you may incur extra charges, since diagnostic care involves exams or tests to diagnose, monitor, or treat health issues.

Independence 

**IBX**  
Never stop caring

## Annual preventive screening recommendations

Review the recommendations below, then make an appointment with your doctor today.



### Preventive exam screenings

- Comprehensive history and physical exam findings
- Vital signs: Blood pressure, heart rate, respiration rate, temperature
- Lab tests and counseling: Age- and gender-appropriate counseling and preventive screenings (your doctor will provide a prescription for any recommended lab tests)



### Preventive care for adults

- Physical exams, age 18 and older
- Blood pressure, all ages
- Flu shot, all ages
- Colorectal cancer screening, age 45 and older<sup>2</sup>



### Preventive care for women

- Pelvic and clinical breast exams
- Pap test, beginning at age 21
- Mammogram,<sup>2</sup> age 40 and older
- BRCA genetic testing<sup>2</sup>

<sup>1</sup> Most of your preventive care is covered 100% if you see an in-network doctor.

<sup>2</sup> These are not performed at your annual preventive exam but are still considered preventive care. Talk to your doctor to schedule these screenings and stay healthy.

This is a list of the most common items covered during regular annual preventive exams. These may vary relative to individual and provider needs. The content of this list is subject to change and should be discussed with your doctor.

Talk to your doctor or contact a  
Registered Nurse Health Coach directly  
about preventive care and how it's covered  
for you and your dependents.

Call **1-800-ASK-BLUE**  
**(1-800-275-2583; TTY: 711).**

To view the full preventive schedule,  
visit **[ibx.com/preventive](https://ibx.com/preventive)**.

