



Blue Cross
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Preventive care services: Get the most out of your Blue Cross plan

You know the old saying: An ounce of prevention is worth a pound of cure. That's especially true when your health is concerned. Because certain preventive care services, health screenings and tests are covered under Original Medicare, Blue Cross Medicare Advantage plans also cover them when they're provided by an in-network doctor. Whether you're new to Medicare or already have a Blue Cross plan, using preventive care services is a great way to be proactive about your health and save money, too.

Why is preventive care so important?

Preventive care services are part of a healthy lifestyle because they help you avoid or detect health problems. These checkups and screenings can help prevent serious and costly medical conditions down the road. Some examples include annual health checkups, wellness screenings and immunizations.

What types of services aren't considered preventive care?

Services aren't considered preventive care when they're for an existing illness or injury. Tests or services used to monitor or follow up on an existing condition — or services that aren't on any of the lists of required preventive care services — aren't considered preventive care. If a service isn't considered preventive care, your share of the costs may still apply (such as the usual deductible, copayment or coinsurance).

What types of services are considered preventive care?

The chart below highlights key preventive care services that are currently covered at no cost to you if you get them from a health care provider in our network. This isn't a comprehensive list of all preventive care services. Your coverage may vary from the types of benefits listed below. Some preventive care services require that you meet certain criteria and health conditions, so check with your plan before you schedule an appointment.

Screenings, tests and other preventive care services

Preventive care service	Cost sharing	Frequency
Abdominal aortic aneurysm screening	\$0	Once per year
Alcohol misuse screening and counseling	\$0	Once per year
Annual wellness visit	\$0	Once per year
Bone density screening	\$0	Once every 2 years
Cardiovascular disease screening	\$0	Once every 5 years
Cardiovascular disease behavioral therapy	\$0	Once per year
Cervical and vaginal cancer screening	\$0	Once every 2 years
Colorectal cancer screenings		
• Multi-target stool DNA test	\$0	Once every 3 years
• Screening barium enema	\$0	Once every 4 years
• Screening colonoscopy	\$0	Once every 10 years if not high risk
• Screening fecal occult blood test	\$0	Once per year
• Screening flexible sigmoidoscopies	\$0	Once every 4 years if not high risk
Depression screening	\$0	Once per year
Diabetes screening	\$0	Up to 2 screenings per year if qualified
Flu shot	\$0	Once per year
Glaucoma test	\$0	Once per year if high risk
Hepatitis B, or HPB, infection screening	\$0	Once per year if high risk
Hepatitis B shot	\$0	Once per lifetime if high risk
Hepatitis C screening test	\$0	Once per year if high risk
HIV screening	\$0	Once per year if qualified
Lung cancer screening	\$0	Once per year if qualified
Mammogram screening	\$0	Once per year
Nutrition therapy services	\$0	Ongoing if high risk
Obesity screening and counseling	\$0	Ongoing if BMI is 30 or higher
Pneumococcal shot	\$0	Up to 2 shots per lifetime
Prostate cancer screening (blood test)	\$0	Once per year
Sexually transmitted infections screening	\$0	Once per year if high risk
Tobacco use cessation counseling	\$0	Up to 8 visits per year if qualified
Welcome to Medicare preventive visit	\$0	Once per lifetime

Check your plan benefits first

If your doctor recommends a preventive care check-up or health screening, and you're unsure if it's covered, call the number on the back of your Medicare Advantage ID card and we'll help.



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