

Preventive Care Saves Lives

Understanding Your Preventive Care Options



Get a Preventive Exam

A preventive exam helps find health conditions before they become serious. It helps you to know if you are at risk for disease. It considers your family history and conditions you already have. It even looks at your lifestyle behaviors. A preventive exam may include screenings. Screenings tell your numbers for blood pressure, cholesterol, blood glucose and more. Knowing these can help you and your doctor make changes to improve your health and reduce your risk.

Preventive Screenings Can Save Your Life

Cancer screenings, from colonoscopies to mammograms, are key to cancer detection. Screening tests can help find cancer at an early stage, before symptoms appear. When abnormal tissue or cancer is found early, it may be easier to treat or cure. By the time symptoms appear, the cancer may have grown and spread and can make the cancer harder to treat or cure.

Review the Highmark Preventive Schedule

The Highmark Preventive Schedule is a list of guidelines for preventive benefits (including cancer screenings) based on age, gender, health and family history offered with little or no cost sharing when using in-network providers. You can view the full Preventive Schedule on the Highmark member website at highmarkbcbs.com.

Understand Preventive Care Versus Diagnostic Care

Preventive care is when you go to a doctor for a checkup only. This means that you do not have symptoms of illness or a medical history that requires treatment or screening. Your preventive care should be covered at 100 percent. It should not be subject to your plan's deductible or coinsurance.

Diagnostic care is when you go to a doctor for symptoms or a medical condition. You may have exams or screenings to diagnose, monitor or treat your condition. These services are not covered 100 percent. They are subject to your plan's deductible and coinsurance.

Most Preventive Care is Covered at 100 Percent

You are covered for preventive care. Most is covered 100 percent if you see a network provider. There may be fees for certain services or procedures during your preventive care visit.



For additional questions or to learn more, call the Highmark concierge at the number on the back of your member ID card.

Highmark Blue Cross Blue Shield is an independent licensee of the Blue Cross and Blue Shield Association.

The Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。
请拨打您的身份证背面的号码（TTY：711）。