

# Preventive Services

## Treat Yourself!

Most preventive health care is FREE to you.

“Preventive care” services are health care services designed to keep you healthy and avoid illness and disease.

Most preventive care is fully covered by your health insurance plan. That means that you do not have to pay anything for it. Keep yourself healthy and ask your doctor which of these preventive services you might need.

### Here are some examples of preventive care:

- Annual physical
- Well woman visits (your annual visit to the gynecologist)
- Birth control
- Flu shots & other select vaccines
  - Hepatitis A
  - Hepatitis B
  - Herpes
  - Human papillomavirus (HPV)
  - Meningitis
  - Pneumonia
  - Tetanus, diphtheria, pertussis (Tdap)
  - Chicken pox (Varicella)
- Blood pressure tests
- Mammograms
- Colonoscopies
- Help quitting smoking
- Nutritional counseling and help losing weight
- Breastfeeding support
- STI (Sexually Transmitted Infection) testing
- HIV Screening

You will not have to pay anything for these services as long as they are a part of your well woman exam or your annual check-up. It's important to note, however, that if the preventive service is not the main reason you are at the doctor, you may get a bill for the visit.

### Complete List of Free Preventive Care

You can find a complete list of free preventive care at [www.healthcare.gov/preventive-care-benefits/](http://www.healthcare.gov/preventive-care-benefits/).

