

# PREVENTIVE CARE

Did you know preventive care received at the Student Health Center or an in-network provider is FREE to you if you are enrolled in the UnitedHealthcare StudentResources (UHCSR) Student Health Insurance Plan? While an in-network preventive care visit won't cost you a penny, it could help you live longer and healthier.

## What is Preventive Care?

Preventive care helps evaluate your current health status and may detect health problems early—before any signs or symptoms have appeared.

Preventive care includes:

- **Wellness exams**—such as annual physicals
- **Immunizations**—such as the flu vaccine
- **Routine screenings**—such as a cholesterol test, mammography, or colonoscopy

Visit [www.healthcare.gov/preventive-care-benefits/](http://www.healthcare.gov/preventive-care-benefits/) for a complete list of the services provided for specific age and risk groups.

## What is Not Preventive Care?

Care or treatment for an injury or an existing health condition, or to diagnose a health condition when you have symptoms, is not preventive.

The UHCSR plan covers certain non-preventive services, but you may have to pay a copayment, coinsurance or deductible.\*

## Preventive or Not?

Certain services can be considered preventive care in some situations, but not in others. Here's an example:

### Situation 1

Ali takes medicine for high cholesterol, has an annual wellness exam and receives a cholesterol screening.

#### PREVENTIVE

Although Ali is taking cholesterol medicine, the office visit and the blood test are considered preventive care because they are part of an overall wellness exam.

### Situation 2

Ali makes quarterly visits to the doctor for cholesterol screenings to confirm the cholesterol medication dosage is appropriate.

#### NOT PREVENTIVE

The quarterly blood tests are not considered preventive because they are treatment for an existing condition.

## Make Sure it's Free

When you schedule an appointment, be sure to let your doctor know you are interested in getting free preventive care only and want to be informed if any services aren't free preventive care.

If there is a diagnosis, medical condition, or additional testing/treatment involved in your visit, you may have to pay a copayment, coinsurance or deductible.\*

\* For information on specific benefit coverage and limitations, contact UHCSR at **800.767.0700** or visit [www.uhcsr.com/okstate](http://www.uhcsr.com/okstate) to check your plan documents.





\* This is a list of some general guidelines for preventive care services recommended by the CDC. This list is not all-inclusive. Consult with your doctor for preventive care recommendations specific to you.



For information on specific benefit coverage and limitations, please refer to your plan documents or contact UHCSR at **800.767.0700**.