

TRS-ActiveCare TAKE ADVANTAGE OF PREVENTIVE SERVICES



Your family's track to better health begins with a single step

Preventive check-ups and screenings can help find illnesses and medical problems early and improve the health of you and everyone in your family.

Your health plan covers screenings and services with no out-of-pocket costs like copays or coinsurance as long as you visit a doctor in your plan's provider network. This is true even if you haven't met your deductible.

Some examples of preventive care services covered by your plan include general wellness exams each year, recommended vaccines, and screenings for things like diabetes, cancer, or depression. Preventive services are provided for women, men and children of all ages. For more details on what preventive services are covered at no cost to you, refer to the following list of services, or see your benefit materials.

Learn more on immunization recommendations and schedules by visiting the Centers for Disease Control and Prevention website at www.cdc.gov/vaccines.

Preventive services provided
at **\$0 cost** to participants



www.bcbstx.com/trsactivecare

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BlueCross BlueShield of Texas

Blue Cross and Blue Shield of Texas, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association

FOR ADULTS

Annual preventive medical history and physical exam



SCREENINGS FOR

- Abdominal aortic aneurysm
- Alcohol abuse and tobacco use
- Anxiety
- Breast cancer screening, breast cancer prevention medication, genetic testing, and counseling*
- Cardiovascular disease (CVD) including cholesterol screening and statin use for the prevention of CVD*
- Certain contraceptives and medical devices, morning after pill, and sterilization to prevent pregnancy
- Cervical cancer screening*
- Chlamydia, gonorrhea, syphilis, HIV, and hepatitis B screenings
- Colorectal* and lung cancer
- Depression
- Fall prevention
- High blood pressure, obesity, and diabetes
- Human papillomavirus (HPV) DNA test
- Osteoporosis screening*
- Ovarian cancer screening*
- PrEP medication use for the prevention of HIV including baseline and monitoring services
- Prostate cancer screening*
- Sexually transmitted infections, HIV, HPV, and hepatitis
- Tuberculosis
- Well-woman exam*

COUNSELING FOR

- Alcohol misuse
- Domestic violence
- Drug misuse
- Healthy diet and physical activity counseling for adults who are overweight or obese and have additional cardiovascular disease risk factors
- Obesity
- Sexually transmitted infections
- Skin cancer prevention
- Tobacco use, including certain medicine to stop
- Urinary incontinence
- Use of aspirin to prevent heart attacks

CERTAIN VACCINES

Learn more on immunization recommendations and schedules by visiting: www.cdc.gov/vaccines



- COVID-19**
- Diphtheria, Pertussis (Whooping Cough), and Tetanus
- Haemophilus Influenzae Type B (Hib)
- Hepatitis A and B

* Please note that age or visit limits do apply. Connect with a Personal Health Guide (PHG) to receive guidance on the limitations. Call **1-866-355-5999** 24 hours a day, seven days a week.

** Only certain vaccines are recommended for children and adolescents. Vaccines should be administered in accordance with the recommendations of the Advisory Committee on Immunization Practices (ACIP).

- HPV
- Inactivated Poliovirus (Polio)
- Influenza (Flu)
- Measles, Mumps, and Rubella (MMR)
- Meningitis
- Pneumonia
- Rotavirus
- Varicella (Chicken Pox)
- Zoster (Herpes and Shingles)

PREGNANCY



- Aspirin for preeclampsia prevention
- Breastfeeding support, supplies, and counseling*
- Counseling for alcohol and tobacco use during pregnancy
- Counseling for healthy weight gain during pregnancy
- Diabetes screening after pregnancy
- Folic acid supplementation during pregnancy
- Screenings related to pregnancy, including screenings for anemia, gestational diabetes, bacteriuria, Rh(D) compatibility, preeclampsia, and perinatal depression

FOR CHILDREN

Annual preventive medical history and physical exam



SCREENINGS FOR

- Autism
- Cervical dysplasia
- Critical congenital heart defect screening for newborns
- Depression
- Developmental delays
- Dyslipidemia (for children at higher risk)
- Hearing loss, hypothyroidism, sickle cell disease, and phenylketonuria (PKU) in newborns
- Hematocrit or hemoglobin
- Lead poisoning
- Obesity
- Sexually transmitted infections and HIV
- Tuberculosis
- Vision screening

ASSESSMENTS AND COUNSELING

- Alcohol and drug use assessment for adolescents
- Obesity counseling
- Oral health risk assessment, dental caries prevention fluoride varnish, and oral fluoride supplements
- Skin cancer prevention counseling
- Tobacco cessation



Contact a Personal Health Guide at **1-866-355-5999** for any questions about benefits.

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