

# WHAT IS A PREVENTIVE SERVICE?

With our deductible HMO plans, certain preventive services are available to you at a copayment (copay) or coinsurance—whether or not you’ve reached your deductible for the calendar year. You’ll pay only a copay or coinsurance for the following preventive services and screenings:

## **Preventive services:**

- Well-child visits and immunizations for children younger than 2 years old.
- For women, your first postpartum visit\* as well as all prenatal care visits after you’ve received confirmation of your pregnancy.
- Routine physical exams (see reverse for more details).
- Family planning visits, including visits for counseling, emergency contraceptive pills, internally implanted time-release contraceptives, and intrauterine devices (IUDs).\*
- Hearing tests to determine the need for hearing correction.\*
- Refraction exams to determine the need for vision correction and to provide a prescription for eyeglass lenses.\*
- Immunizations (vaccines).
- Health education programs that can help you take an active role in protecting and improving your health, including programs for stress management, chronic conditions like diabetes\* and asthma, and smoking cessation.

## **Preventive screenings:**

- Colon cancer screenings (excluding colonoscopies), such as fecal occult blood tests and flexible sigmoidoscopies.
- Cervical cancer screenings, including Pap tests and HPV screenings.
- Mammogram screenings for breast cancer.
- Diabetes screenings (fasting blood glucose tests).
- Sexually transmitted disease (STD) screenings, including HIV, chlamydia, gonorrhea, herpes, and syphilis screenings.
- Cholesterol screenings (lipid profiles).
- Prostate cancer screenings, including prostate-specific antigen (PSA) tests.
- Tuberculosis (TB) screenings.

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# WHAT IS A PREVENTIVE SERVICE? (CONTINUED)

## Come in for a routine physical exam.†

Visiting your doctor regularly for a physical exam can be an important way to detect health problems early and stay healthy. You'll pay only a copay or coinsurance for routine physical exams, with the following stipulations:

- All members are entitled to one physical examination with their personal physician in a 12-month period. (Visit doesn't include costs for lab tests, unless they're for the preventive screenings listed above.)
- Children under 2 years old are entitled to additional visits as advised by their physician.
- Women may come in for an additional well-woman office visit per 12-month period with an obstetrician/gynecologist.
- Visits must be for a scheduled appointment. Urgent care, same-day, and walk-in visits may be subject to the deductible.‡

If you'd like more information about which services are considered preventive, call our Member Service Call Center at **1-800-464-4000**, weekdays from 7 a.m. to 7 p.m. and weekends from 7 a.m. to 3 p.m. Members who are deaf, hard of hearing, or speech impaired may call **1-800-777-1370** (TTY).

For an estimate of how much you'll be charged before your visit, go to [kp.org/treatmentestimates](https://kp.org/treatmentestimates) to view a sample fee list, or call our Deductible Products Service Team at **1-800-390-3507**, weekdays from 7 a.m. to 5 p.m.

\*These services are subject to the deductible under the Kaiser Permanente HSA-Qualified Deductible HMO Plan.

† Routine physical exams can be for a school, sports, or camp physical, as requested by the patient when scheduling the appointment. However, physical exams required by the courts, by the Department of Motor Vehicles (DMV), or for employment are not considered routine physical exams.

‡ Please refer to your *Evidence of Coverage* to see if these services are subject to the deductible under your plan.

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