

# CRACKING THE PUZZLE WITH PREVENTIVE CARE EDUCATION

The Affordable Care Act (ACA) requires health plans to cover certain preventive services at no-cost to enrollees, yet only 8% of adults aged 35 or older receive all their recommended services. Preventive care is a crucial step to achieving better health outcomes, early disease detection and lower health care costs. Ensure your employees are capitalizing on no-cost options by educating them on the ins and outs of [preventive care](#).



## WHAT IS COVERED?

[Healthcare.gov](#) sorts preventive services into three categories, with recommendations varying based on age, sex and personal risk factors. Recommended services must be offered at no cost even before a member's deductible has been met. There are recommended services for

- [adults](#), which include blood pressure screenings, flu, tetanus, and HPV vaccinations, colorectal screening, and diet counseling,
- [women](#), which include birth control, breast cancer mammography and cervical cancer screenings, well-woman visits, and breastfeeding support,
- [and children](#), which include autism and developmental screenings, fluoride supplements, measles, chickenpox, and pneumococcal vaccinations, and well-child visits.

Patients should consult with a health care provider to determine which services are right for them.

## WHY DID A PREVENTIVE SERVICE RESULT IN A CHARGE?

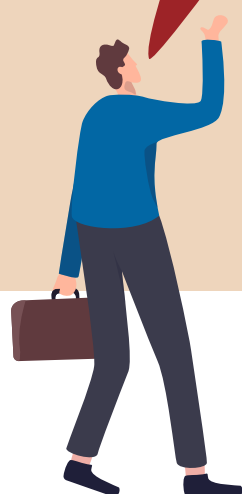
Plan members may incur a charge for preventive services if the service occurs

- at an out-of-network facility,
- on a different timeline than guidelines suggest,
- for diagnostic rather than screening purposes, or
- the charge is for a noncovered service that was administered at the same time as the preventive care.

## WHO DECIDES WHAT SERVICES QUALIFY?

Three health agencies help the government determine what preventive measures are covered by the ACA provision:

- U.S. Preventive Services Task Force
- Health Resources and Services Administration
- Advisory Committee on Immunization Practices (part of the Centers for Disease Control and Prevention)



Help your employees establish proactive health management habits through preventive care education. Share our [Fast Facts](#) video featuring a simple, two-minute overview explaining preventive care services.

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