

### Healthy Habits—the Key to Prevention

The best way to safeguard your health is to develop healthy habits and live them every day. These healthy habits include: daily exercise, watching your weight, and eating healthy foods. You'll also want to take advantage of the many preventive services available through your health plan, which are covered at 100 percent.

*Fully covered services include:*

- An **annual checkup** with your doctor, including blood pressure and cholesterol screenings
- Annual **OB/GYN exam** for women
- **Immunization vaccines** for children and adults when administered at a physician's office
- **Breast cancer screening** for women
- Cervical cancer screening (**Pap test**) for women
- Prostate-specific antigen (**PSA**) test for men
- **Tobacco cessation** counseling

Get a customized list of screenings and tests based on your age and gender by going to the Health Center on **BCBSRI.com**.

*All you need to do is ...*

1. Log in to **BCBSRI.com**
2. Click "Health Center" under "Quick Links" on the right side of the page
3. Type "e363" in the search field to find this interactive tool

### Prevention in a Bottle

*Ask your doctor if preventive medications could help you maintain your health.*

Your health plan provides full coverage for the prescribed medications below:\*

- **Contraceptives** - Tier 1 oral contraceptives for women are covered at an in-network retail pharmacy or through mail order
- **Smoking Cessation Medication** - Over the Counter (OTC) generic nicotine replacement products like patches and gum, generic prescription drugs such as bupropion and brand prescription drugs like Nicotrol®, Nicotrol® NS and Chantix® are covered
- **OTC generic medications and supplements** - including: Aspirin, Folic Acid, Iron, and Oral Fluoride are also covered when prescribed by a licensed provider

\* Unless otherwise noted, coverage is only available through participating retail pharmacies (not mail order)



#### Find more information

To learn more about preventive services mandated by healthcare reform, you can:

- Visit **healthcare.gov**
- Read the Medical Coverage Policies in the Provider section of **BCBSRI.com**
- Contact your BCBSRI Account Representative