

Why preventive care matters



Many health conditions are easier and less expensive to manage when they're detected early. That's why visiting your primary care provider (PCP) and embracing preventive care is so important!

Annual wellness visit

An annual wellness visit with your PCP's office is available at **no cost** to you. So, schedule yours today. During this visit, you can:

- Go over your medical, social, and family history
- Ask your doctor about any health concerns and identify risk factors
- Talk about medications, diet, fall risk prevention, advanced care planning, and bladder control
- Create a checklist of recommended preventive screenings, tests, and vaccines
- Create a care plan that is based on what matters most to you

Preventive care

Your plan covers many preventive screenings, tests, and vaccines at **no cost** to you, including:

- Bone density screening
- Breast cancer screening
- Colorectal cancer screening
- Diabetes screenings
- Kidney health evaluation (blood and/or urine tests)
- Routine/diabetic eye exam
- Immunization vaccines (such as: flu, pneumonia and COVID-19)

Talk to your PCP about what steps are right for you.

Preventive health can be very rewarding!

You can earn Independence health rewards by completing certain screenings! Find out more at ibxmedicare.com/rewards

We're here to help

At Independence Blue Cross (IBX), we work closely with PCPs to ensure that our members receive the care they need. You may get a phone call about your screening needs from your doctor's office, or someone at IBX, including the Population Health Team, the Member Help Team, or a Registered Nurse Health Coach.

If you need help with scheduling an appointment or have questions regarding your benefits, call our Member Help Team at the number on the back of your member ID card.

If you receive a separate, additional non-preventive evaluation and/or service from your PCP, a copayment will apply. The copayment amount depends on the provider type or place of service. For more information, please see your *Evidence of Coverage* at ibxmedicare.com/eoc or call our Member Help Team at the phone number on the back of your member ID card.

Independence Blue Cross offers products through its subsidiaries Independence Assurance Company, Independence Hospital Indemnity Plan, Keystone Health Plan East, and QCC Insurance Company — independent licensees of the Blue Cross and Blue Shield Association. Independence Blue Cross offers HMO and HMO-POS Medicare Advantage plans with a Medicare contract. Enrollment in Independence Blue Cross HMO and HMO-POS Medicare Advantage plans depends on contract renewal.

Independence Blue Cross complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-275-2583 (TTY/TDD: 711). 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-800-275-2583 (TTY/TDD: 711)。

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