

For individuals under 65 and group plan members

# 50 Free Ways to Stay Healthy

## A guide to preventive care

### Questions? Get in touch!

By phone: **1-800-251-7722** (TTY: 711)

Mon. – Fri. 8 a.m. – 8 p.m., Sat. 9 a.m. – 2 p.m.

In person: At a ConnectiCare center.

For locations and hours, go to [visitconnecticare.com](https://www.visitconnecticare.com)

Online: [connecticare.com](https://www.connecticare.com)

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\*“Free” preventive care means that you will not have a copay or have to pay money toward your deductible or coinsurance for the services. Sometimes a preventive care visit leads to other medical care or tests, even at the same appointment. You should check with your doctor or doctor’s staff during your visit to see if there are services you may be billed for.

\*\*Please refer to your health plan’s drug list, or formulary, for more information on what contraceptives are covered as preventive.

Your membership agreement has a list of covered preventive services, including age and gender requirements and frequency limitation rules.

In order to qualify, all services are subject to physician specialty, procedure code and diagnostic code requirements, frequency limitation rules and appropriate age and gender requirements, as described by the U.S. Preventive Services Task Force A and B and HRSA guidelines. These guidelines may change from time to time. This list of preventive care services may not apply to “grandfathered” health plans – any group or individual health plan that was in effect on March 23, 2010, the date of the Affordable Care Act. Contact your health benefits administrator or ConnectiCare member services (1-800-251-7722) with any questions.

ConnectiCare 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 1-800-251-7722 (TTY: 711). ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-800-251-7722 (TTY: 711).

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## Keeping yourself healthy

The best way to keep health problems from taking a toll on you or your family is to take care of yourself today. Take advantage of checkups, shots and screenings, most of which you get for free with your plan.\* If it's on this list, it's covered 100% when you stay in the ConnectiCare network.

Screenings	ADULT MALE	ADULT FEMALE	CHILDREN/TEENS
Hearing	● Age 18-21	● Age 18-21	●
Hypothyroidism			● Newborns
Phenylketonuria (PKU)			● Newborns
Sickle Cell Disease			● Newborns
Vision	● Age 18-21	● Age 18-21	●
Early Cancer Detection			
Annual Routine Mammogram – Recommended frequency ▶ Every year		● Age 40+	
Cervical Cancer (Pap Test) – Recommended frequency ▶ Age 21-65, every 3 yrs.; age 30-65, every 5 yrs. if combined with Human Papillomavirus (HPV) testing		●	
Colon Cancer – Recommended frequency ▶ Every 1-10 yrs. depending on type of test	● Age 50-75	● Age 50-75	
Lung Cancer – Recommended frequency ▶ Annually for adults with 30 pack-year smoking history	● Age 55-80	● Age 55-80	
Other Screenings If Needed			
Abdominal Aortic Aneurysm – Present or past smoker	● Age 65-75		
Alcohol Misuse	●	●	
Autism, Psychosocial & Developmental Issues – Recommended frequency ▶ Autism at 18-24 months, others at annual checkup	● Age 18-21	● Age 18-21	●
Blood (Hematocrit and Hemoglobin) – Recommended frequency ▶ Once			●
Blood Pressure	●	●	
Depression – Recommended frequency ▶ At doctor's discretion	●	●	● Age 12+
Diabetes – Recommended frequency ▶ Can begin as early as childhood for those with obesity, hypertension, symptoms of diabetes or family history of the disease	●	●	●
Hepatitis B	●	●	●
Hepatitis C – Recommended frequency ▶ Once for adults born 1945-65; at doctor's discretion for others at risk	●	●	
Lead			● Birth-Age 6
Obesity – Recommended frequency ▶ During annual checkup	●	●	●
Osteoporosis – Recommended frequency ▶ Every 24 months for those at risk		● Age 60+	
Pregnancy-Related (including bacteriuria, diabetes, iron deficiency & Rh(D) typing)		●	●
Sexually Transmitted Disease (Chlamydia, Gonorrhea, HIV, HPV, Syphilis) – Recommended frequency ▶ Sexually active individuals age 24 or younger, pregnant women and older individuals at risk	●	●	●
Tobacco Use – Recommended frequency ▶ At doctor's discretion	●	●	●
Tuberculosis – Recommended frequency ▶ At doctor's discretion	●	●	●

## Shots

For complete Children and Adult Immunization Schedules visit the Center for Disease Control at [cdc.gov/vaccines](http://cdc.gov/vaccines)

	ADULT MALE	ADULT FEMALE	CHILDREN/TEENS
Chickenpox (Varicella)	●	●	●
Diphtheria, Tetanus, Whooping Cough (Pertussis)			●
Flu	●	●	●
Hepatitis A & B	●	●	●
Hib (H. Influenza Type B)			●
HPV (Human Papillomavirus)	●	●	●
Measles, Mumps and Rubella	● Age 19-55	● Age 19-55	●
Meningitis (Meningococcal)	●	●	●
Pneumonia	●	●	●
Polio			●
Rotavirus			●
Shingles (Herpes Zoster)	● Age 50+	● Age 50+	
Tetanus	●	●	

## Counseling & Support

Genetic Screening for Breast and Ovarian Cancer (BRCA)		●	
Breast-feeding (including supplies)		●	●
Birth Control Methods, Sterilization Procedures and Education		●	●
Dietary	●	●	
Sexually Transmitted Diseases (STDs)	●	●	●
Help to Quit Smoking	●	●	●

## Drugs When prescribed by your doctor

Aspirin to Prevent Heart Disease	● Age 45-79	● Age 55-79	
Aspirin to Prevent Preeclampsia (a serious pregnancy complication)		●	
Birth Control **		●	●
Folic Acid Supplements		● Age 18-45	
Medications to Prepare for Colon Cancer Screening	● Age 50-75	● Age 50-75	
Generic Vitamin D for Muscle Strength	● Age 65+	● Age 65+	
Iron Supplements			● Birth-Age 1
Oral Fluoride Supplements			● Birth-Age 5
Tamoxifen and Raloxifene to Prevent Breast Cancer		● Age 35+	

## Other Services

Fluoride Application (Cavity Prevention)			● Birth-Age 5
Physical Therapy (Fall Prevention)	● Age 65+	● Age 65+	



**Schedule your free annual checkup today** and talk to your doctor about what care is right for you and when.