



Health Care Change in California: What It Means to You

NO-COST PREVENTIVE CARE SERVICES



Many health plans in California now offer free preventive care services. This means that you do not pay a co-pay, co-insurance, or deductible for many preventive care services. However, you may have to pay if you get a treatment or other services during the same doctor appointment as your preventive care services.

▶ **Preventive care helps you stay healthy.**

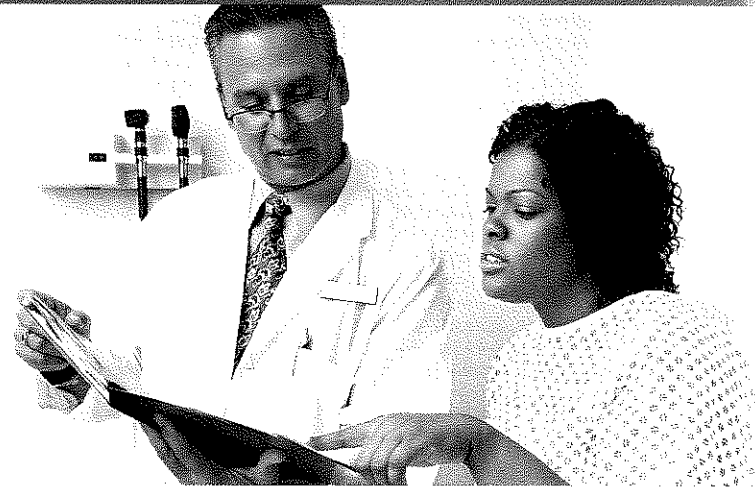
- It can help doctors find health problems early when they are easier to treat.
- It can help prevent or delay health problems, like diabetes, cancer, and heart disease.
- It helps children grow up healthy.

▶ **Preventive care for children and teens:**

Ask your child's doctor about the services your child needs and when to get them.

This is a list of some of the covered services:

- Check-ups for children and teens
- Blood and hearing tests for newborns
- Shots to prevent measles, polio, flu, and other diseases
- Screenings for vision and dental health, autism, and depression
- For preteens and teens, HPV vaccines, and screening and counseling for hepatitis B and other STIs (sexually transmitted infections)



Talk to your doctor about the preventive care you need.

▶ **Preventive care for adults:**

Ask your doctor about the services you need and when to get them.

This is a list of some of the covered services:

- Tests for blood pressure, diabetes and cholesterol
- Screenings for cancers, such as mammograms and colonoscopies (a test for colon cancer)
- Counseling on smoking, weight, healthy eating, depression, and alcohol use
- Flu and pneumonia shots
- Screening and counseling for HIV, hepatitis B, and other STIs
- For women, well-woman check-ups, birth control, prenatal care, and breastfeeding support

Some of these services are only for people of certain ages, or people with certain health risks. Ask your doctor which preventive care services you need.



Which health plans have free preventive care services?

Preventive care is free if you have an individual plan that you bought on or after March 23, 2010. It's also free if your employer started your group plan after that date.

Medicare and Medi-Cal also offer many free preventive care services.

Do I need preventive care if I'm not sick?

Yes. You may have a health problem that you are not aware of. Tests can help find problems earlier, when they may be easier to treat.

What can I do if I have a problem getting preventive care?

You can file a complaint (*grievance*) if you cannot get the care you need, or you get a bill for care that you thought was free. Call the Consumer Assistance Program listed below.

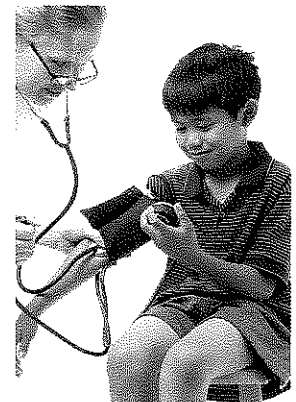


Ask your doctor about preventive care.

- Which preventive services do I need?
- How often do I need them?
- Do the services and tests that I need qualify as free preventive care?

Learn about your health plan rules for getting free preventive care.

- You **must** get the preventive care from a doctor in your health plan's network.
- If you get treatment or other services at the same appointment, you may have to pay for these services.
- If the results of a test or screening tell the doctor that you need treatment, you may have to pay for that treatment.



Consumer Assistance Program

Free help in many languages

1-888-466-2219

HealthHelp.ca.gov

Learn more about preventive care.

- Go to **OPA.ca.gov**. Watch a video on *Preventive Care* and print worksheets on preventive care for children and adults.
- Go to **HealthCare.gov**, the federal website on health care reform.
- Go to **Medicare.gov**, the federal website on Medicare.

