

Get Well and Stay Healthy with Preventive Care Services from Health Net

PREVENTIVE CARE COVERED BY THE ACA

When you enroll in a Health Net health plan, you get benefits and services under the Affordable Care Act (ACA).

No deductible or copayment

When you and your family enroll in a health plan subject to the ACA, you have no deductible or cost share for preventive care services. You must get your preventive care from an in-network provider.

Please note: Some health plans are not subject to this ACA rule. You may be required to pay part of the cost for your care. Services you get from an out-of-network provider may not be covered.

Preventive drugs

You may be covered for preventive drugs prescribed by your doctor and for those found over-the-counter. Examples of covered medication include:

- **Aspirin** to prevent cardiovascular disease. Also, to prevent preeclampsia in pregnant women.
- **FDA-approved birth control** methods
- **Breast cancer preventive medication** for women who are at increased risk.
- **Tobacco cessation drugs** to help users quit tobacco.
- **Folic acid** for women pre-pregnancy.
- **Oral fluoride supplements** for children where the water source does not contain fluoride.
- **PrEP** (pre-exposure prophylaxis) medicine for people at risk for HIV.

Note: Your doctor must prescribe these items under pharmacy benefits.

(continued)



This flyer outlines preventive care (services and screenings to help prevent disease and health conditions) including well-child care covered by the ACA. Use this rundown to talk to your doctors about the need for preventive care to keep you/your family on a healthy path.

Examples: Screenings and other preventive care*

Recommendation	Men	Women	Pregnant women	Newborn or children	Adolescents
Abdominal aortic aneurysm screening	✓				
Alcohol misuse therapy	✓	✓	✓		✓
Anemia screening			✓		✓
Anxiety screening	✓	✓	✓	✓	✓
Bacteriuria screening			✓		
Blood pressure screening	✓	✓	✓		
Breast cancer screening, physician therapy and preventive drugs		✓			
Breastfeeding supplies and therapy		✓	✓		
Cervical cancer screening		✓			
Chlamydial infection screening		✓	✓		✓
Cholesterol abnormalities screening (ages 20 and older)	✓	✓			
Colorectal cancer screening	✓	✓			
Contraceptive therapy		✓			✓
Depression screening	✓	✓	✓		✓
Diabetes screening	✓	✓	✓		
Domestic violence screening and therapy	✓	✓			✓
Healthy weight/weight gain during pregnancy			✓		
Hearing loss screening				✓	✓
Hepatitis B screening	✓	✓	✓	✓	✓
Hepatitis C screening	✓	✓			
Lung cancer screening	✓	✓			
Obesity and healthy diet screening and therapy	✓	✓		✓	✓
Phenylketonuria (PKU) screening				✓	
Rh incompatibility screening during pregnancy			✓		
Sexually transmitted infections screening and therapy	✓	✓	✓		✓
Tobacco use interventions	✓	✓	✓		✓
Visual acuity screening				✓	



Check your plan for benefit details

You can also find all the details about covered preventive care services at www.healthcare.gov.



Examples: Preventive immunizations*

Recommendation			
	Men	Women	Newborn or children
Chickenpox	✓	✓	✓
Diphtheria, tetanus & pertussis (DTaP)			✓
Hepatitis A (HepA)	✓	✓	
Hepatitis B (HepB)	✓	✓	✓
Human papillomavirus (HPV)	✓	✓	✓
Influenza	✓	✓	✓
Inactivated poliovirus (IPV)			✓
Mumps	✓	✓	✓
Pneumococcal	✓	✓	✓
Shingles	✓	✓	
Tetanus, diphtheria, pertussis (Td/Tdap)	✓	✓	✓

*These are just examples, ACA preventive care coverage includes:

- U.S. Preventive Services Task Force (USPSTF) Grade A & B recommendations (www.uspreventiveservicestaskforce.org/Page/Name/uspstf-a-and-b-recommendations/)
- Immunizations for routine use in children, adolescents and adults that have in effect a recommendation from the Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention (<http://www.cdc.gov/vaccines/schedules/index.html>).
- Care and screenings for infants, children, adolescents and women as addressed in the comprehensive guidelines supported by the Health Resources and Services Administration (HRSA) www.hrsa.gov/womensguidelines/



You may pay more in cost-sharing on brand-name drugs only when a generic version is available.

English

No Cost Language Services. You can get an interpreter. You can get documents read to you and some sent to you in your language. For help, call us at the number listed on your ID card or call **1-800-522-0088** (TTY: 711).

Arabic

خدمات اللغة مجانية. يمكنك الحصول على مترجم فوري. ويمكنك الحصول على وثائق مقروءة لك. للحصول على المساعدة، اتصل بنا على الرقم الموجود على بطاقة الهوية، أو اتصل على مركز الاتصال التجاري (TTY: 711) **1-800-522-0088**

Armenian

Անվճար լեզվական ծառայություններ: Դուք կարող եք բանավոր թարգմանիչ ստանալ: Փաստաթղթերը կարող են կարդալ ձեզ համար: Օգնության համար զանգահարեք մեզ ձեր ID քարտի վրա նշված հեռախոսահամարով կամ զանգահարեք **1-800-522-0088** (TTY: 711).

Chinese

免費語言服務。您可使用口譯員。您可請人使用您的語言將文件內容唸給您聽，並請我們將有您語言版本的部分文件寄給您。如需協助，請致電您會員卡上所列的電話號碼與我們聯絡，或致電 **1-800-522-0088** (TTY: 711)。

Hindi

बनिा लागत की भाषा सेवाएँ। आप एक दुभाषयिा प्राप्त कर सकते हैं। आपको दस्तावेज पढ़ कर सुनाए जा सकते हैं। मदद के लिए, आपके आईडी कार्ड पर दिए गए सूचीबद्ध नंबर पर हमें कॉल करें, या **1-800-522-0088** (TTY: 711)।

Hmong

Kev Pab Txhais Lus Dawb. Koj xav tau neeg txhais lus los tau. Koj xav tau neeg nyeem cov ntaub ntawv kom yog koj hom lus los tau. Xav tau kev pab, hu peb tau rau tus xov tooj ntawm koj daim npav los yog hu **1-800-522-0088** (TTY: 711).

Japanese

無料の言語サービス。通訳をご利用いただけます。文書をお読みします。援助が必要な場合は、IDカードに記載されている番号までお電話いただくか、**1-800-522-0088**、(TTY: 711)。

Khmer

សេវាកាសាដោយឥតគិតថ្លៃ។ អ្នកអាចទទួលបានអ្នកបកប្រែផ្ទាល់មាត់។ អ្នកអាចស្តាប់គេអានឯកសារឱ្យអ្នក។ សម្រាប់ជំនួយ សូមទាក់ទងយើងខ្ញុំតាមរយៈលេខទូរសព្ទដែលមាននៅលើកាតសម្គាល់ខ្លួនរបស់អ្នក ឬ ទាក់ទងទៅមជ្ឈមណ្ឌលទំនាក់ទំនងពាណិជ្ជកម្មនៃក្រុមហ៊ុន **1-800-522-0088** (TTY: 711)។

Korean

무료 언어 서비스. 통역 서비스를 받을 수 있습니다. 귀하가 구사하는 언어로 문서의 낭독 서비스를 받으실 수 있습니다. 도움이 필요하시면 보험 ID 카드에 수록된 번호로 전화하시거나 **1-800-522-0088** (TTY: 711).

Navajo

Saad Bee Áká E'eyeed T'áá Jíík'e. Ata' halne'ígíí hóló. T'áá hó hazaad k'ehjí naaltsoos hach'í' wóltah. Shíká a'doowoł nínízingo naaltsoos bee néího'dółzinígíí bikáa'gi béesh bee hane'í bikáa' áajj' hodíílnih éí doodaii' **1-800-522-0088** (TTY: 711).

Persian (Farsi)

خدمات زبان به طور رایگان. می توانید یک مترجم شفاهی بگیرید. می توانید درخواست کنید که اسناد برای شما قرائت شوند. برای دریافت راهنمایی، با ما به شماره ای که روی کارت شناسایی شما درج شده تماس بگیرید یا با مرکز تماس بازرگانی **1-800-522-0088** (TTY: 711).

Panjabi (Punjabi)

ਬਨਿੰ ਕਸਿ ਲਾਗਤ ਤੇ ਭਾਸ਼ਾ ਸੇਵਾਵਾਂ। ਤੁਸੀਂ ਇੱਕ ਦੁਭਾਸ਼ੀਆ ਪ੍ਰਾਪਤ ਕਰ ਸਕਦੇ ਹੋ। ਤੁਹਾਨੂੰ ਦਸਤਾਵੇਜ਼ ਤੁਹਾਡੀ ਭਾਸ਼ਾ ਵਿੱਚ ਪੜ੍ਹ ਕੇ ਸੁਣਾਏ ਜਾ ਸਕਦੇ ਹਨ। ਮਦਦ ਲਈ, ਆਪਣੇ ਆਈਡੀ ਕਾਰਡ ਤੇ ਦਿੱਤੇ ਨੰਬਰ ਤੇ ਸਾਨੂੰ ਕਾਲ ਕਰੋ ਜਾਂ ਕਰਿਪਾ ਕਰਕੇ 1-800-522-0088 (TTY: 711).

Russian

Бесплатная помощь переводчиков. Вы можете получить помощь устного переводчика. Вам могут прочитать документы. За помощью обращайтесь к нам по телефону, приведенному на вашей идентификационной карточке участника плана. Кроме того, вы можете позвонить в 1-800-522-0088 (TTY: 711).

Spanish

Servicios de idiomas sin costo. Puede solicitar un intérprete. Puede obtener el servicio de lectura de documentos y recibir algunos en su idioma. Para obtener ayuda, llámenos al número que figura en su tarjeta de identificación o comuníquese con el 1-800-522-0088 (TTY: 711).

Tagalog

Walang Bayad na Mga Serbisyo sa Wika. Makakakuha kayo ng isang interpreter. Makakakuha kayo ng mga dokumento na babasahin sa inyo. Para sa tulong, tawagan kami sa nakalistang numero sa inyong ID card o tawagan ang 1-800-522-0088 (TTY: 711).

Thai

ไม่มีค่าบริการด้านภาษา คุณสามารถใช้ล่ามได้ คุณสามารถให้อ่านเอกสารให้ฟังได้ สำหรับความช่วยเหลือ โทรหาเราตามหมายเลขที่ให้ไว้บนบัตรประจำตัวของคุณ หรือ โทรหาศูนย์ติดต่อเชิงพาณิชย์ของ 1-800-522-0088 (TTY: 711)

Vietnamese

Các Dịch Vụ Ngôn Ngữ Miễn Phí. Quý vị có thể có một phiên dịch viên. Quý vị có thể yêu cầu được đọc cho nghe tài liệu. Để nhận trợ giúp, hãy gọi cho chúng tôi theo số được liệt kê trên thẻ ID của quý vị hoặc gọi 1-800-522-0088 (TTY: 711).

