

Understanding Preventive Care Services



Preventive Care Services are often considered, or called “Physicals,” “Wellness Visits” or “Well-Checks.” These visits are intended for you and your doctor to review and discuss prevention of disease and healthy life choices such as smoking cessation, cancer prevention and benefits of regular exercise. Normal Preventive Care Services may also include screenings and laboratory tests like:



- *Cholesterol screening*
- *Routine prostate-specific antigen (PSA) tests*
- *Immunizations*
- *Type 2 diabetes screenings*
- *Hearing and vision tests*

Most health plans today, government and commercial insurance payers alike, may offer Preventive Care Services at no cost to you as a part of your coverage. Each has its own preselected screenings that are required as a part of your benefit plan, and your doctor will perform an exam and request labs to meet your specific insurance plan’s requirements.

These visits are not intended to deal with chronic issues, or acute problems. If you have chronic problems or other issues that you want your doctor to address during your Preventive Care visit, these problems can be addressed, but billing for these services will be sent to your insurance company and you may be charged an out-of-pocket amount for co-pays, co-insurance and/or deductible portions as assigned by your insurance plan.

**If you have additional questions, please speak with your physician’s office.*

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