



3 things to know about preventive care



Even if you're feeling great, preventive care definitely isn't something to skip. That's because annual exams, screenings and vaccines can help you stay healthy. And if there's something going on, they can help find it early – when it may be easier to treat.

Here are 3 additional things to know.

1. There's no cost – and you can even earn \$25.

Your health plan covers preventive care 100% when you see a network doctor.* And when you complete your annual exam, you'll **earn \$25 for your Personal Care Account (PCA)**. Each of your covered dependents can also earn \$25 for your PCA.

Your PCA can be used to cover health care expenses, including medical care, prescription drugs, dental and vision care, and more.

2. Virtual primary care is available.**

If you can't make it to an appointment, you can meet with a virtual primary care provider (PCP) – and their team of health care professionals – without having to leave home or work.

To schedule a virtual primary care appointment, download the **UnitedHealthcare® app** or visit myuhc.com/virtualcare.***

3. Your provider can recommend screenings and vaccines.

While you're at your annual exam, ask what's recommended. Here's a quick overview.

Recommended screenings

Years of age	18	25	30	35	40	45	50	55	60	65	70	75+
Annual physical	Every year											
Blood pressure screening	At each annual physical											
Breast cancer screening (mammogram)	Every 1 to 2 years starting at age 40, or as recommended by your doctor											
Cervical cancer screening, including Pap smear	Every 3 years for ages 21–65, or as recommended by your doctor											
Cholesterol screening	Every year											
Colorectal cancer screening	Regular screenings recommended starting at age 45 Ask your doctor about screening methods and intervals.											
Diabetes screening	Every year											

These guidelines are provided for informational purposes only and do not constitute medical advice. Individuals with symptoms or at high risk for disease may need additional services or more frequent interventions. Discuss with your doctor how these guidelines may be right for you, and always consult your doctor before making any decisions about medical care. These guidelines do not necessarily reflect the vaccines, screenings or tests that will be covered by your benefit plan. Always refer to your plan documents for specific benefit coverage and limitations or call the toll-free member phone number on the back of your health plan ID card.



Have questions? Need to find a doctor?

Visit myuhc.com®, download the **UnitedHealthcare app** or call **1-800-718-1299**.



*Doctors and facilities in the network may have agreed to provide services at a discount – so staying in network makes sense because visiting an out-of-network provider could end up costing you a lot more for care or may not be covered at all.

**Data rates may apply.

***Virtual primary care is applied to primary care benefits – it is not applied to the 24/7 Virtual Visits benefit.

Certain preventive care items and services, including immunizations, are provided as specified by applicable law, including the Patient Protection and Affordable Care Act (ACA), with no cost-sharing to you. These services may be based on your age and other health factors. Other routine services may be covered under your plan, and some plans may require copayments, coinsurance or deductibles for these benefits. Always review your benefit plan documents to determine your specific coverage details.

Virtual primary care includes services available with a provider via video, chat, or email, or audio-only where permitted under state law. Virtual primary care services are only available if the provider is licensed in the state that the member is located at the time of the appointment. Virtual primary care is not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times, in all locations or for all members. Certain prescriptions may not be available, and other restrictions may apply.

The information provided is for general informational purposes only and is not intended to be medical advice or a substitute for professional health care. You should consult an appropriate health care professional for your specific needs and to determine whether making a lifestyle change or decision based on this information is appropriate for you. Some treatments mentioned may not be covered by your health plan. Please refer to your benefit plan documents for information about coverage.

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