



Take Advantage of Preventive Services. Your path to better health begins with a single step.

Preventive check-ups and screenings help find illnesses and medical problems early and improve your health.

Your TRS-ActiveCare health plan covers in-network screenings and services with no out-of-pocket costs, even if you haven't met your deductible.

Examples of preventive care services include an annual wellness exam, recommended vaccines, and screenings for things like diabetes, cancer, or depression.

For more details on what preventive services are covered at no cost to you, refer to the list of services, or see your benefits materials.



FOR ADULTS

Annual preventive medical history and physical exam



SCREENINGS FOR

- Abdominal aortic aneurysm
- Alcohol abuse and tobacco use
- Anxiety
- Breast cancer, breast cancer prevention medication, genetic testing, and counseling*
- Cardiovascular disease including cholesterol and statin use for the prevention of CVD*
- Certain contraceptives and medical devices, morning after pill, and sterilization to prevent pregnancy
- Cervical cancer*
- Chlamydia, gonorrhea, syphilis, HIV, and hepatitis B
- Colorectal* and lung cancer
- Depression
- Fall risk
- High blood pressure, obesity, and diabetes
- Human papillomavirus (HPV) DNA test
- Osteoporosis*
- Ovarian cancer*
- PrEP medication use for the prevention of HIV including baseline and monitoring services
- Prostate cancer*
- Sexually transmitted infections, HIV, HPV, and hepatitis
- Tuberculosis
- Well-woman exam*

COUNSELING FOR

- Alcohol misuse
- Domestic violence
- Drug misuse
- Healthy diet and physical activity for adults who are overweight or obese and have additional cardiovascular disease risk factors
- Obesity
- Sexually transmitted infections
- Skin cancer prevention
- Tobacco use, including certain medicine to stop
- Urinary incontinence
- Use of aspirin to prevent heart attacks

CERTAIN VACCINES

Learn more on immunization recommendations and schedules at www.cdc.gov/vaccines



- COVID-19**
- Diphtheria, Pertussis (Whooping Cough), and Tetanus
- Haemophilus Influenzae Type B (Hib)
- Hepatitis A and B

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*Age or visit limits apply. Connect with a Personal Health Guide for guidance. Call **1-866-355-5999**.

**Only certain vaccines are recommended for children and adolescents. Vaccines should be administered in accordance with the recommendations of the Advisory Committee on Immunization Practices.

- HPV
- Inactivated Poliovirus (Polio)
- Influenza (Flu)
- Measles, Mumps, and Rubella (MMR)
- Meningitis
- Pneumonia
- Rotavirus
- Varicella (Chicken Pox)
- Zoster (Herpes and Shingles)

PREGNANCY



- Aspirin for preeclampsia prevention
- Breastfeeding support, supplies, and counseling*
- Counseling for alcohol and tobacco use during pregnancy
- Counseling for healthy weight gain during pregnancy
- Diabetes screening after pregnancy
- Folic acid supplementation during pregnancy
- Screenings related to pregnancy, including screenings for anemia, gestational diabetes, bacteriuria, Rh(D) compatibility, preeclampsia, prenatal and postpartum depression

FOR CHILDREN

Annual preventive medical history and physical exam



SCREENINGS FOR

- Autism
- Cervical cancer (adolescents)
- Critical congenital heart defect for newborns
- Depression
- Developmental delays
- Dyslipidemia (for children at higher risk)
- Hearing loss, hypothyroidism, sickle cell disease, and phenylketonuria (PKU) in newborns
- Hematocrit or hemoglobin
- Lead poisoning
- Obesity
- Sexually transmitted infections and HIV
- Tuberculosis
- Vision

ASSESSMENTS AND COUNSELING

- Alcohol and drug use (adolescents)
- Obesity
- Oral health, cavity prevention fluoride varnish and oral fluoride supplements
- Skin cancer prevention
- Tobacco cessation



Contact a Personal Health Guide at **1-866-355-5999** for questions about benefits.