

Investing in Your Health – Preventive Care

California health plans are encouraging members to invest in their health by getting their recommended preventive services and screenings to maintain overall health and well-being.

Preventive health care such as regular checkups, screenings, and immunizations are **key to keeping Californians of all ages healthy and able to identify potential problems early** before they become severe, which can save lives and reduce healthcare costs.



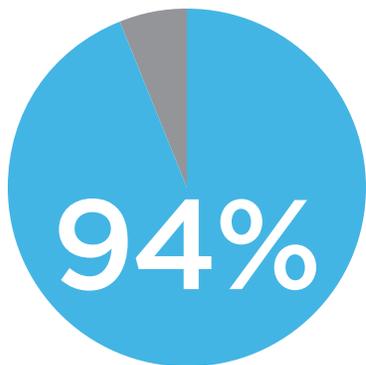
If everyone in the United States received recommended preventive care, the U.S. healthcare system could save **over 100,000 lives a year.**

(Source)

Most health plans offer preventive services, including routine cancer screenings, annual wellness visits, recommended vaccines, and others, **without charging copays or coinsurance when you visit a doctor** – even if you haven't met your yearly deductible. Covered services and screenings include:

- Annual checkups
- Immunizations and vaccines including Tetanus, Influenza, Measles, Mumps, and Rubella, Human Papillomavirus, (more)
- Health screenings for cholesterol, blood pressure, diabetes, cancer, depression, (more)
- Additional screenings for children and infants including vision, hearing tests and more.
- Many others – **find a full list.**

Proactively seeking care and tackling health issues helps people stay healthy and reduces the risk of patients' conditions advancing and requiring additional care.



94% of Californians are currently covered by a health plan, and with recently enacted coverage expansion policies – that number is continuing to grow. **Health plans are offering value to this covered population by offering essential preventive screenings and services – at little to no cost** – to keep members healthy and keep California health care affordable and accessible.



Cancer Screenings

An Investment to Save Your Life

Regular cancer screenings can lead to earlier diagnosis and treatment, which can ultimately save lives, and help to avoid more expensive treatments down the road.

Health plans cover certain cancer screenings at little to zero cost.

- Cervical cancer screenings
- Breast cancer mammography screenings for women over age 40
- Colorectal cancer screening for adults over age 45
- Other cancer screenings for those with certain risk factors – [find a full list](#).

The Covid-19 pandemic created delays in people seeking preventive care. In fact, the total number of cancer screening tests received by women through the CDC's National Breast and Cervical Cancer Early Detection Program declined by 87% for breast cancer during April 2020 as compared with the previous 5-year averages for that month.

- Childhood vaccination rates also plummeted in 2020 because of Covid-19 concerns. In the more than two years since, the number of children who have all the required vaccinations to attend school has increased, but not to pre-pandemic levels.

As the pandemic continues, it is important to invest in your health and prioritize the safe return to preventive care services.

Childhood Preventive Care

An Investment in a Healthy Future

Investing in preventive care for children can have long-term benefits for their overall health and well-being and is essential to ensure children are growing and developing properly.

Health plans cover the cost of recommended and required vaccinations and wellness checkups for children, as well as vision assessments, developmental screenings, behavioral assessments and screening for certain diseases and chronic conditions among other covered services.

Find a full list of covered childhood preventive services and screenings [here](#).

As health plans make continued investments in the health care of Californians by providing preventive screenings and services at little to no cost, **NOW is the time to Invest in Your Health** to identify potential problems early. Doing so can not only reduce health care costs but **could actually save your life**.

Call your doctor today to schedule your preventive care appointments.

Preventive Care Facts and Figures

Only 8%

of Americans undergo routine preventive screenings.* ([Source](#))

Missed preventive care opportunities cost the US

\$55 billion every year,

approximately 30 cents on every healthcare dollar. ([Source](#))

Vaccines save the lives of roughly

42,000 children

on an annual basis. ([Source](#))

If everyone in the United States received recommended preventive care, the U.S. healthcare system could

save over 100,000 lives a year.

([Source](#))

According to the Centers for Disease Control,

7 out of 10 deaths

among Americans every year are due to chronic diseases, of which many are preventable. ([Source](#))

**Estimated*

