

Get Screened: Take charge of your health. Take charge of your life.

These tests relate to heart disease, stroke, diabetes, cancer and injuries. Act on information from these tests to keep healthy now and later. If you have questions about these tests, talk with your health care provider.

The Affordable Care Act ensures that most plans offer a comprehensive health care package, called the essential health benefits. Preventive care is one of these benefits, and it includes the screenings listed below. If you obtain preventive care from one of your plan's **in**-network providers, you likely will not have an out-of-pocket charge for it, even if you have not yet met your annual deductible. Contact your health plan to confirm coverage.

To identify risk	Get this service and talk about its results with your provider	How often*	Covered under the Affordable Care Act
Tobacco use	Provider recommendations for quitting	Every health care visit	On the Essential Health Benefits, Preventive Care Services list. Alaska's Tobacco Quit Line is always no charge — 1-800-QUIT-NOW.
Unhealthy weight	Height and weight measurement	At least yearly	On the Essential Health Benefits, Preventive Care Services list – includes screening and counseling.
High blood pressure	Measurement	Every 2 years, or yearly if blood pressure is 120/80 or higher	On the Essential Health Benefits, Preventive Care Services list.
Slips and falls	Risk review	Yearly, start at age 65	Not addressed
Diabetes	Fasting blood test (blood sugar) or A1c	Every 3 years, start at age 45	On the Essential Health Benefits, Preventive Care Services list – if you have high blood pressure (over 130/80).
High cholesterol (fats in your blood)	Fasting blood test (lipid panel)	Every 5 years, men start at age 35, women start at age 45	On the Essential Health Benefits, Preventive Care Services list. Coverage for men starts at age 35 or earlier if they have risk factors; coverage for women starts at age 45 or earlier if they have risk factors.
Heart attack or stroke	Risk assessment — Should you take aspirin?	Every 5 years, men ages 45-79, women ages 55-79	On the Essential Health Benefits, Preventive Care Services list.
Breast cancer	Mammogram	Women every 2 years, ages 50-74	On the Essential Health Benefits, Preventive Care Services list – coverage starts at age 40.
Cervical cancer	Pap smear	Women every 3 years, starting at age 21	On the Essential Health Benefits, Preventive Care Services list.
Colorectal cancer	EITHER Colonoscopy	Every 10 years, ages 50-75	On the Essential Health Benefits, Preventive Care Services list – coverage starts at age 50.
	OR Fecal Occult Blood Test (FOBT) and Sigmoidoscopy (Sig)	FOBT yearly, ages 50-75 Sig every 5 years, ages 50-75	

*Get tested more often if you have risk factors ([see below and turn page over for more information](#)).

Disease-specific risk factors:

- **Diabetes:** Being Alaska Native/American Indian, African American/Black, Asian, Pacific Islander, or Hispanic/Latino; or, if a woman, having gestational diabetes during pregnancy or having a baby who weighed more than 9 pounds at birth.
- **Cardiovascular diseases** (heart attack, angina or stroke): Drinking more than a moderate amount of alcohol (for example, more than 2 drinks daily for men or more than 1 drink daily for women); or having diabetes.
- **Falls:** Risk factors that can be changed include: lower body weakness; poor vision; problems with gait, balance, shoes and/or feet; home hazards; use of psychoactive medications; and postural dizziness (head rush). As the number of risk factors goes up, so does the chance of a fall.
- **Cancer:** Having or had Hepatitis C.



Chronic diseases share risk factors. If you maintain or adopt healthier behaviors, you reap multiple benefits.

You are more likely to develop...	By...					
	Being overweight	Using tobacco	Exercising fewer than 3 times weekly	Having a relative with the disease	Having high blood pressure or high cholesterol	Eating foods that are...
Diabetes	X	X	X	X	X	
Heart attack, chest pain or stroke	X	X	X	X	X	high in salt
Cancer	X	X	X	(some cancers)		high in fats and/or high in white flour and sugars

Essential Health Benefits, Preventive Care Services (see www.healthcare.gov/what-are-my-preventive-care-benefits/):

The Affordable Care Act ensures that health plans offered in the individual and small group markets, both inside and outside of the Health Insurance Marketplace, provide a comprehensive package of items and services, known as essential health benefits. Essential health benefits must include items and services within at least the following 10 categories: ambulatory patient services; emergency services; hospitalization; maternity and newborn care; mental health and substance use disorder services, including behavioral health treatment; prescription drugs; rehabilitative and habilitative services and devices; laboratory services; preventive and wellness services and chronic disease management; and pediatric services, including oral and vision care.

The screenings highlighted here are included in the preventive care services. These services also include screening for:

- Abdominal Aortic Aneurysm (one time, for men who have ever smoked)
- Alcohol abuse or dependence
- Depression
- HIV
- Syphilis (for all adults at higher risk)
- Screenings for pregnant women include anemia, gestational diabetes, Hepatitis B, Rh incompatibility and urinary tract infection
- Screenings for all women include domestic and interpersonal violence, and osteoporosis

The Affordable Care Act preventive care includes more than screenings. Other covered services include: immunizations for Flu, Hepatitis A, Hepatitis B, Human Papillomavirus, Meningococcal Meningitis, Pneumonia, Shingles (Zoster), and Tetanus/Pertussis/Diphtheria (Td or Tdap); and counseling related to alcohol abuse or dependence, obesity and sexually transmitted diseases.

Well Woman Visits (see www.healthfinder.gov/HealthTopics/Category/everyday-healthy-living/sexual-health/get-your-well-woman-visit-every-year/):

The Affordable Care Act also requires coverage for women that includes a yearly visit with a health care provider for preventive health services, such as the screenings recommended here. These visits are separate from visits for sickness or injury. If an encounter that starts as a Well Woman Visit changes to include care for a sickness or injury, it may end up requiring a payment.

In-Network versus Out-of-Network providers (see www.Healthcare.gov/):

Use your health plan's *in*-network providers to reduce your out-of-pocket charges. Each insurance company has a network of hospitals, health centers and individual health care providers with which it has negotiated a discounted fee for covered services. These networks are one of the critical differences between plans. Find out which providers are in your plan's network by going to its website. Contact information for the two companies offering plans on the Alaska Affordable Care Act Marketplace is:

Premiera 1 (800) 722-1471 or logon to www.premiera.com; Moda Health 1 (888) 393-2940 or medical@modahealth.com.

The Affordable Care Act requires that most plans cover preventive health services without an out-of-pocket charge to you, even if you have not yet met your annual deductible — **if** the care is by one of its in-network providers.