



# YOUR PREVENTIVE CARE CHECKLIST

One of the best ways to stay healthy is to get regular checkups, vaccinations, and screenings – and many of these preventive services are covered at no out-of-pocket cost to you. Check out this list of recommended care and ask your doctor about which services are right for you.

Source: Department of Health and Human Services and the Centers for Disease Control, URLs can be found on page two.

## CHILDREN 0-18

Children should have about 10 well-child checkups before age 3 and annual checkups between 3-18.



### VACCINATIONS

- Chickenpox
- Diphtheria, Tetanus, and Pertussis
- Haemophilus Influenza Type b
- Hepatitis A
- Hepatitis B
- Human Papillomavirus
- Inactivated Poliovirus
- Influenza
- Measles/Mumps/Rubella
- Meningococcal
- Pneumococcal
- Rotavirus



### SCREENINGS

#### Young Children:

- Autism
- Blood pressure
- BMI
- Developmental
- Hearing exam
- Hematocrit/Hemoglobin
- Lead
- Newborn screenings
- Vision problems

#### Older Children:

- Alcohol/drug use
- Blood pressure
- BMI
- Depression
- Hematocrit/Hemoglobin
- Obesity
- STDs
- Tobacco use

## ADULTS

Adults should have preventive visits and certain screenings annually. Check with your provider for guidelines depending on your age or health history.



### VACCINATIONS

- Influenza
- Pneumonia
- Shingles
- Tetanus



### SCREENINGS

#### All Adults:

- Cholesterol/lipid profile
- Colon cancer (50+)
- Depression
- Diabetes
- Hearing
- Hemoglobin A1C test
- Hypertension
- Lung cancer (55+)
- STDs
- Thyroid
- Urine microalbumin
- Vision

#### Women:

- Breast cancer
- Cervical cancer
- Ovarian cancer

#### Men:

- Prostate cancer

### About Portico Benefit Services

Portico provides ELCA health benefits that include coverage for eligible preventive and medical services as well as no-cost wellness programs.



**Sources:**

Department of Health and Human Services: [www.healthcare.gov/coverage/preventive-care-benefits/](http://www.healthcare.gov/coverage/preventive-care-benefits/)

Centers for Disease Control: [www.cdc.gov/vaccines/](http://www.cdc.gov/vaccines/)

Members can find in-network providers by calling Portico Care Coordinators from Quantum Health at 877.851.5656.

Sign in to myPortico to find the list of ELCA-Primary preventive benefits. Plan member rights under the plans are governed by the plan documents, which are the full, legal descriptions of the plans. If any of the information on this page is inconsistent with the corresponding plan document, the plan document is the controlling document. ELCA-Primary health benefits for in-network preventive services are paid at 100% when billed as preventive by your provider. Also, the first one of the following in-network services in a plan year is paid as preventive regardless of how it's submitted by your provider: Cholesterol/lipid profile, colonoscopy, hemoglobin A1C test, mammogram, Pap test, PSA test, urine microalbumin screening, vision exam.

This information should not be considered or used as a substitute for professional health care advice. By providing this information, Portico Benefit Services is not providing any medical advice, diagnosis or treatment. Each individual is responsible for his or her own health and medical treatment decisions. You should talk with your doctor to determine the lifestyle changes and health care treatment options appropriate for you.