

# Preventive Care Guide



Take an active role in your well-being by adding key preventive measures to your calendar.

## Many are covered at 100% preventive care services.



You should see your personal doctor at least once each year. You may find it helpful to bring this guide to your checkup or annual wellness visit, so you'll remember to ask about:

- Any health concerns, symptoms, or questions
- Recent test results, and tests that your doctor may recommend
- Medications you are taking or considering (prescription and over-the-counter)
- Managing your care, including upcoming appointments and specialist visits

Preventive care services	How often	Copay*
<b>General screenings</b>		
Routine physical or annual wellness visit	Once per year	\$0
Hearing exam (routine)	Once per year	\$0
Eye exam (routine)	Once every 2 years	Varies by plan
Bone mineral density test (women)	Baseline scan at age 65 then as recommended by your doctor	\$0
Diabetes/pre-diabetes screening	Annual screening or as recommended by your doctor	\$0
<b>Breast cancer screening (women 40-74)</b>		
Mammogram	Every 1 to 2 years	\$0
<b>Colon cancer screening, adults 45 and older</b>		
Multiple options, including at-home test kits	Every 1, 3, 5, or 10 years, as recommended by your doctor	\$0
<b>Vaccines</b>		
Influenza (flu)	Once per year	\$0
Pneumonia, shingles, RSV	Ask your doctor	\$0
COVID-19	At least 1 dose of most recent vaccine	\$0

\*Estimated copay when seen by an in-network provider. Please see your Evidence of Coverage (EOC) for complete benefit details.

PacificSource Community Health Plans is an HMO, HMO D-SNP, and PPO plan with a Medicare contract and a contract with Oregon Health Plan (Medicaid). Enrollment in PacificSource Medicare depends on contract renewal.

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## Your covered doctor visits

If you don't have a personal (primary care) doctor, it's a good idea to choose one. They can help coordinate your care and track your health across time. Having an established doctor may also make it easier to get appointments when you're sick.

For help finding a doctor, contact us or visit our website.

Wellness visit	Physical exam	Office or telehealth visit
<b>Once per year with \$0 copay</b> <ul style="list-style-type: none"><li>Conversation focused on your health and well-being, and how your health can support your goals</li><li>Discuss needed preventive care</li><li>Review how your medications are working for you, and why you are taking them</li><li>In-person or telehealth visit</li></ul>	<b>Once per year with \$0 copay</b> <ul style="list-style-type: none"><li>"Hands-on" exam to check your physical health</li><li>Includes things like blood pressure, vision, hearing, heart, lungs, etc.</li><li>Typically an in-person visit</li></ul>	<b>As needed (plan copay applies)</b> <ul style="list-style-type: none"><li>Discuss issues or concerns not covered in the wellness visit or physical exam</li><li>Examples: new symptoms, aches and pains, worsening of chronic condition or injury</li></ul>



## Steps to take for whole-person health

There are many ways to be proactive about your health, and PacificSource Medicare can help. Your plan may include things like:

- Dental checkups and cleanings
- Alternative care, such as acupuncture and chiropractic
- Physical therapy
- Mental healthcare, such as counseling and substance use treatment

For complete details on your plan, visit InTouch: [PacSrc.co/InTouch](http://PacSrc.co/InTouch)



## Contact us

For benefit questions or help choosing a doctor, contact Customer Service:

**Phone:** **888-863-3637**, TTY: 711. We accept all relay calls.

**Web:** [Medicare.PacificSource.com](http://Medicare.PacificSource.com)

**Email:** [MedicareCS@PacificSource.com](mailto:MedicareCS@PacificSource.com)

**Chat:** Log in to InTouch for Members at [PacSrc.co/InTouch](http://PacSrc.co/InTouch)

### October 1—March 31

8:00 a.m. to 8:00 p.m. local time, 7 days per week

### April 1—September 30

8:00 a.m. to 8:00 p.m. local time, Monday—Friday