

Preventive Care Guide



Take an active role in your well-being by adding key preventive measures to your calendar. **Many are covered at 100%, with no deductible.** And many qualify you to receive valuable gift card rewards—a win for your health and your wallet.

Preventive care services	How often	Copay*	Gift card reward**
General screenings			
Routine physical or annual wellness visit	Once per year	\$0	\$50
Hearing exam (routine)	Once per year	\$0	N/A
Eye exam (routine)	Once every 2 years	Varies by plan	N/A
Bone mineral density test	Once every 2 years	\$0	\$20
Breast cancer screening (women 40-74)			
Mammogram	Every 1 to 2 years	\$0	\$25
Colon cancer screening (adults over 50)			
Multiple options, including at-home test kits	Ask your doctor	\$0	\$20
Vaccines			
Influenza (flu)	Once per year	\$0	\$10
Pneumonia	Ask your doctor	\$0	N/A
Shingles	Ask your doctor	\$0	N/A

*Estimated copay when seen by an in-network provider

**For more details on our rewards program, visit [Medicare.PacificSource.com](https://www.pacificsource.com/medicare). Rewards may not apply to all plans. 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

You should see your personal doctor at least once a year. You may find it helpful to bring this guide to your checkup and discuss preventive services.

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



Make preventive care a habit

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

- Dental checkups and cleanings
- Alternative care, such as acupuncture and chiropractic
- Physical therapy
- Behavioral therapy (mental health care)

To learn about your benefits and find providers near you, visit InTouch for Members: InTouch.PacificSource.com/Members.



Questions about your benefits?

Contact our Customer Service team:

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

Medicare.PacificSource.com

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