

Wellness is free with FCHP!

More new thinking. More healthy. More you.



\$0 annual wellness visits, also known as routine physical exams, are just one example of how Fallon Community Health Plan (FCHP) gives you tools and benefits to help you stay healthy. At FCHP we're committed to *making our communities healthy* and have been providing annual wellness visits and many preventive services with no copayments for years.

FCHP was the first health plan in Massachusetts to eliminate our members' office visit copayments for routine physical exams, annual gynecological exams and well child visits as part of our standard benefit package beginning in April 1, 2005. Other preventive services covered in full with no copayment today are routine eye exams and routine screenings including mammography, pap tests and immunizations. Your preventive care appointment is also a good time to ask your provider any questions you have about how to maintain a healthy lifestyle. For a more complete listing of preventive services, check the covered preventive services and immunizations below.

Preventive versus diagnostic

What is considered "preventive?" Something you have done routinely or regularly to prevent illness, such as getting a flu shot. But some services provided in conjunction with your wellness visit may be considered nonpreventive or diagnostic. For example, if a concern or issue is raised that requires additional work on lab tests, or if your primary care physician (PCP) orders lab tests at the time of your annual wellness visit to monitor an existing condition, such as high cholesterol, that would be considered **diagnostic services** and subject to cost sharing or a deductible.

Examples of preventive services that are covered without copayments, deductibles, or coinsurance (as long as they are administered by in-network providers) are listed below.

Covered preventive services for adults

- Abdominal Aortic Aneurysm one-time screening for men of specified ages who have ever smoked
- Alcohol misuse screening and counseling
- Counseling for the use of aspirin for men and women of certain ages
- Blood pressure screening for all adults
- Cholesterol screening for adults of certain ages or at higher risk
- Colorectal cancer screening for adults over 50
- Depression screening for adults
- Type 2 Diabetes screening for adults with high blood pressure
- Diet counseling for adults at higher risk for chronic disease
- HIV screening for all adults at higher risk
- Immunization vaccines for adults—doses, recommended ages, and recommended populations vary
- Hepatitis A, Hepatitis B, Herpes Zoster, Human Papillomavirus, Influenza, Measles, Mumps, Rubella, Meningococcal, Pneumococcal, Tetanus, Diphtheria, Pertussis, Varicella
- Obesity screening and counseling for all adults
- Sexually transmitted infection (STI) prevention counseling for adults at higher risk
- Tobacco use screening for all adults and cessation interventions for tobacco users
- Syphilis screening for all adults at higher risk

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Covered preventive services for women, including pregnant women

- Anemia screening on routine basis for pregnant women
- Bacteria urinary tract or other infection screening for pregnant women
- BRCA counseling about genetic testing for women at higher risk
- Breast cancer mammography screenings every one to two years for women over 40
- Breast cancer chemoprevention counseling for women at higher risk
- Breast feeding interventions to support and promote breast feeding
- Cervical cancer screening for sexually active women
- Chlamydia infection screening for younger women and other women at higher risk
- Gonorrhea screening for all women at higher risk
- Hepatitis B screening for pregnant women at their first prenatal visit
- Osteoporosis screening for women over age 60 depending on risk factors
- Rh incompatibility screening for all pregnant women and follow-up testing for women at higher risk
- Tobacco use screening and interventions for all women, and expanded counseling for pregnant tobacco users
- Syphilis screening for all pregnant women and other women at increased risk

Covered preventive services for children

- Alcohol and drug use assessments for adolescents
- Behavioral assessments for children of all ages
- Blood pressure screening for children
- Depression screening for adolescents at higher risk
- Developmental screening for children under age three, and surveillance throughout childhood
- Dyslipidemia screening for children at higher risk of lipid disorders
- Fluoride chemoprevention supplements for children without fluoride in their water source
- Hearing screening for all newborns
- Height, weight and body mass index measurements for children
- Hematocrit or Hemoglobin screening for children
- HIV screening for adolescents at higher risk
- Iron supplements for children ages 6 to 12 months at risk for anemia
- Lead screening for children at risk of exposure
- Medical history for all children throughout development
- Obesity screening and counseling
- Oral health risk assessment for young children
- Phenylketonuria (PKU) screening for this genetic disorder in newborns
- Sexually transmitted infection (STI) prevention counseling and screening for adolescents at higher risk
- Tuberculin testing for children at higher risk of tuberculosis
- Vision screening for all children

Immunization vaccines for children from birth to age 18

Doses, recommended ages, and recommended populations vary:

- Diphtheria, Tetanus, Pertussis, Haemophilus influenzae type b, Hepatitis A, Hepatitis B, Human Papillomavirus, Inactivated Poliovirus, Influenza, Mumps, Measles, Rubella, Meningococcal, Pneumococcal, Rotavirus, Varicella

More you.

At FCHP we're always looking out for your health and well-being—and implementing ways to help you stay healthy with high-quality care at affordable prices.

1-800-868-5200
(TTY users, please call TRS Relay 711)
fchp.org

More health. More savings. More you.

