

Health Options Informational Series

Preventive Services

We want to support and encourage your efforts to protect and promote you and your family's greatest asset, your health. Many preventive health care services including screenings, check-ups and counseling cost you nothing. A few examples include:

- "Shots" for children to protect them against diseases such as measles and mumps
- Mammograms for women age 40 and older once per year
- Flu shots

What are preventive screenings? Preventive screenings are intended to identify diseases or medical conditions before any signs or symptoms are present. Preventive screenings enable early diagnosis of potential health problems. They do not include tests or services to monitor or manage a condition or disease once it has been diagnosed.

What is preventive counseling? Preventive counseling usually occurs when a person has been identified as being at risk of a specific disease or medical condition by a preventive screening. Preventive counseling and Intervention is intended to provide you with basic information about a medical condition and help you develop the skills to manage your health. Preventive counseling applies to people who have not been diagnosed but who have been identified to be at risk of a specific disease or medical condition.

What is the difference between diagnostic services and preventive services? A diagnostic service is used to diagnose a condition or monitor an existing condition when you have some risk factors or symptoms. Diagnostic services help your provider diagnose your illness and talk with you about the best course of treatment. Sometimes diagnostic services will involve tests often used as preventive services, but these services won't be considered preventive if they are part of a visit to: diagnose a new condition, monitor an existing condition or treat an illness or injury.

If your doctor recommends a service or test ask him/her:

- What is this test for?
- Why do I need this treatment?
- Are there any alternatives?
- What are the possible complications?
- When you bill MCHO, is this service considered preventive or diagnostic?
- Is this additional service billed as part of my preventive visit or is it considered a diagnostic service?

You can access a full list of preventive services online at healthcare.gov and click on the "Get Answers" tab. We can also send a full listing of preventive services by mail or email. If you have any questions, talk with your doctor



(855) 624-6463

HealthOptions.org