

Get Well and Stay Healthy with Preventive Care Services from Health Net

PREVENTIVE CARE COVERED BY THE ACA

When you enroll in a Health Net health plan, you get benefits and services under the Affordable Care Act (ACA).

No deductible or copayment

When you and your family enroll in a health plan subject to the ACA, you have no deductible or cost share for preventive care services. You must get your preventive care from an in-network provider.

Please note: Some health plans are not subject to this ACA rule. You may be required to pay part of the cost for your care. Services you get from an out-of-network provider may not be covered.

Preventive drugs

You may be covered for preventive drugs prescribed by your doctor and for those found over-the-counter. Examples of covered medication include:

- **Aspirin** to prevent cardiovascular disease. Also, to prevent preeclampsia in pregnant women.
- **FDA-approved birth control** methods
- **Breast cancer preventive medication** for women who are at increased risk.
- **Tobacco cessation drugs** to help users quit tobacco.
- **Folic acid** for women pre-pregnancy.
- **Oral fluoride supplements** for children where the water source does not contain fluoride.
- **PrEP** (pre-exposure prophylaxis) medicine for people at risk for HIV.

Note: Your doctor must prescribe these items under pharmacy benefits.

(continued)



This flyer outlines preventive care (services and screenings to help prevent disease and health conditions) including well-child care covered by the ACA. Use this rundown to talk to your doctors about the need for preventive care to keep you/your family on a healthy path.

Examples: Screenings and other preventive care*

Recommendation	Men	Women	Pregnant women	Newborn or children	Adolescents
Abdominal aortic aneurysm screening	✓				
Alcohol misuse therapy	✓	✓	✓		✓
Anemia screening			✓		✓
Anxiety screening		✓	✓	✓	✓
Bacteriuria screening			✓		
Blood pressure screening	✓	✓			
Breast cancer screening, physician therapy and preventive drugs		✓			
Breastfeeding supplies and therapy		✓	✓		
Cervical cancer screening		✓			
Chlamydial infection screening		✓	✓		✓
Cholesterol abnormalities screening (ages 20 and older)	✓	✓			
Colorectal cancer screening	✓	✓			
Contraceptive therapy		✓			✓
Depression screening	✓	✓	✓		✓
Diabetes screening	✓	✓	✓		
Domestic violence screening and therapy	✓	✓			✓
Healthy weight/weight gain during pregnancy			✓		
Hearing loss screening				✓	✓
Hepatitis B screening	✓	✓	✓		✓
Hepatitis C screening	✓	✓			
Lung cancer screening	✓	✓			
Obesity and healthy diet screening and therapy	✓	✓		✓	✓
Phenylketonuria (PKU) screening				✓	
Rh incompatibility screening during pregnancy			✓		
Sexually transmitted infections screening and therapy	✓	✓	✓		✓
Tobacco use interventions	✓	✓	✓		✓
Visual acuity screening				✓	



Check your plan for benefit details

You can also find all the details about covered preventive care services at www.healthcare.gov.



Examples: Preventive immunizations*

Recommendation	Men	Women	Newborn or children
Chickenpox	✓	✓	✓
Diphtheria, tetanus & pertussis (DTaP)			✓
Hepatitis A (HepA)	✓	✓	
Hepatitis B (HepB)	✓	✓	✓
Human papillomavirus (HPV)	✓	✓	✓
Influenza	✓	✓	✓
Inactivated poliovirus (IPV)			✓
Mumps	✓	✓	✓
Pneumococcal	✓	✓	✓
Shingles	✓	✓	
Tetanus, diphtheria, pertussis (Td/Tdap)	✓	✓	✓

*These are just examples, ACA preventive care coverage includes:

- U.S. Preventive Services Task Force (USPSTF) Grade A & B recommendations (www.uspreventiveservicestaskforce.org/Page/Name/uspstf-a-and-b-recommendations/)
- Immunizations for routine use in children, adolescents and adults that have in effect a recommendation from the Advisory Committee on Immunization Practices of the Centers for Disease Control and Prevention (<http://www.cdc.gov/vaccines/schedules/index.html>).
- Care and screenings for infants, children, adolescents and women as addressed in the comprehensive guidelines supported by the Health Resources and Services Administration (HRSA) www.hrsa.gov/womensguidelines/



You may pay more in cost-sharing on brand-name drugs only when a generic version is available.

Nondiscrimination Notice

Health Net Health Plan of Oregon, Inc., "Health Net" complies with applicable federal civil rights laws and does not discriminate, exclude people or treat them differently on the basis of race, color, national origin, ancestry, religion, marital status, gender, gender identity, sexual orientation, age, disability, or sex.

HEALTH NET:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print, accessible electronic formats, other formats).
- Provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages.

If you need these services, contact Health Net's Customer Contact Center at 1-888-802-7001 (TTY: 711).

If you believe that Health Net has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance by calling the number above and telling them you need help filing a grievance. Health Net's Customer Contact Center is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/smartscreen/main.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW, Room 509F, HHH Building, Washington, DC 20201, 1-800-368-1019 (TDD: 1-800-537-7697).

Complaint forms are available at <https://www.hhs.gov/ocr/complaints/index.html>.

English

No Cost Language Services. You can get an interpreter. You can get documents read to you and some sent to you in your language. For help, call the Customer Contact Center at the number on your ID card or call 1-888-802-7001 (TTY: 711).

Amharic

ለቋንቋ አገልግሎት ምንም ክፍያ የለውም። አስተርጓሚ ማግኘት ይችላሉ። የተነበበልዎትን እና የተወሰኑ በቋንቋዎ የተለኩልዎትን ሰነዶች ማግኘት ይችላሉ። ለእርዳታ፣ ለደንበኞች ግንኙነት ማዕከል በሙታወቂያ ካርድዎ ላይ ያለውን ቁጥር ይደውሉ ወይም በ 1-888-802-7001 (TTY: 711) ይደውሉ።

Arabic

الخدمات اللغوية المجانية. يمكنك الاستعانة بمتترجم فوري، كما يمكنك طلب قراءة المستندات عليك وإرسال بعض منها إليك بلغتك. للحصول على المساعدة، يمكنك الاتصال بمركز اتصالات العملاء على الرقم الموجود على بطاقة معرف العضوية الخاصة بك أو الاتصال على 1-888-802-7001 (TTY: 711).

Chinese

免費語言服務。您可以取得口譯服務。我們可以把文件朗讀給您聽，也可以把部分翻譯成您語言的文件寄送給您。如需協助，請撥打會員卡上的電話號碼聯絡客戶聯絡中心，或撥打電話 1-888-802-7001 (聽障專線 (TTY) : 711)。

Cushite (Oromo)

Tajaajjila afaaniif kaffaltii hin qabu. Turjubaana argachuu ni dandeessu. Sanadii isiniif dubbifamee fi afaan keessaniin muraasaan isniif ergame argachuu ni dandeessu. Gargaarsaaf, Wiirtuu Qunnamtii Maamilaa tiif lakkoofsicha kaardii enyummaa keessan irra jirutti bilbilaa ykn 1-888-802-7001 (TTY: 711) itti bilbilaa.

German

Es stehen Ihnen kostenlose Sprachdienstleistungen zur Verfügung. Sie können einen Dolmetscher hinzuziehen. Die Dokumente können Ihnen vorgelesen werden und einige sind in Ihrer Muttersprache erhältlich. Für Unterstützung rufen Sie bitte unser Kundendienstzentrum unter der auf Ihrer Versicherungskarte angegebenen Nummer oder unter der Rufnummer 1-888-802-7001 (TTY: 711) an.

Japanese

無料の言語支援サービス。通訳をご利用いただけます。日本語で文書を読み上げたり、文書によっては日本語版をお届けすることも可能です。支援をご希望の方は、IDカードに記載の番号にてカスタマーコンタクトセンターまでお電話いただくか、1-888-802-7001 (TTY: 711)までお電話ください。

Korean

무료 언어 서비스. 귀하는 통역사를 이용하실 수 있습니다. 귀하에게 편한 언어로 서류 낭독 서비스 및 번역 서비스를 받으실 수 있습니다. 도움이 받으시려면 본인의 ID 카드에 기재된 고객 서비스 센터 안내번호 또는 1-888-802-7001 (TTY: 711)번으로 전화해주시시오.

Cambodian (Khmer)

សេវាកម្មភាសាខ្មែរឥតគិតថ្លៃ។ អ្នកអាចទទួលបានអ្នកបកប្រែបាន។ អ្នកអាចឱ្យគេអានឯកសារស្តីអ្នក និងធ្វើឯកសារខ្លះស្តីអ្នក ជាភាសារបស់អ្នក។ សំរាប់ជំនួយ ឬសំណួរទាក់ទងនឹងអតិថិជន តាមលេខទូរស័ព្ទ 1-888-802-7001 (TTY: 711)។

Laotian

ກາງນັບວິການດ້ານພາສາທີ່ບໍ່ເສຍຄ່າ. ທ່ານສາມາດຂໍນາຍແປພາສາ. ທ່ານສາມາດອ່ານເອກະສານ ແລະ ຈໍານວນໜຶ່ງໄດ້ສົ່ງໃຫ້ທ່ານເປັນພາສາຂອງທ່ານແລ້ວ. ເພື່ອຂໍຄວາມ ຊ່ວຍເຫຼືອ, ໂທຫາສູນຕິດຕໍ່ລູກຄ້າໄດ້ທີ່ເລກໝາຍຢູ່ເທິງບັດ ID ຂອງທ່ານ ຫຼື ໂທ 1-888-802-7001 (TTY: 711).

Punjabi

ਭਾਸ਼ਾ ਸੇਵਾਵਾਂ ਲਈ ਕੋਈ ਲਾਗਤ ਨਹੀਂ। ਤੁਸੀਂ ਦੁਭਾਸ਼ੀਆ ਪ੍ਰਾਪਤ ਕਰ ਸਕਦੇ ਹੋ। ਤੁਸੀਂ ਤੁਹਾਨੂੰ ਪੜ੍ਹ ਕੇ ਸੁਣਾਏ ਦਸਤਾਵੇਜ਼ ਪ੍ਰਾਪਤ ਕਰ ਸਕਦੇ ਹੋ ਅਤੇ ਕੁਝ ਤੁਹਾਡੀ ਭਾਸ਼ਾ ਵਿੱਚ ਤੁਹਾਨੂੰ ਭੇਜੇ ਗਏ ਹਨ। ਮਦਦ ਲਈ, ਆਪਣੇ ID ਕਾਰਡ 'ਤੇ ਗਾਹਕ ਸੰਪਰਕ ਕੇਂਦਰ ਨੂੰ ਕਾਲ ਕਰੋ ਜਾਂ 1-888-802-7001 (TTY: 711)।

Russian

Бесплатные услуги перевода. Вы можете воспользоваться услугами переводчика. Вам могут прочесть документы на русском языке и выслать переводы некоторых из них. Если вам требуется помощь, звоните в Центр обслуживания клиентов по номеру, указанному на вашей идентификационной карте, или по номеру 1-888-802-7001 (линия TTY: 711).

Spanish

Servicios de Idiomas Sin Costo. Usted puede solicitar un intérprete. Puede solicitar que se le lean los documentos y que algunos de ellos se le envíen en su idioma. Para obtener ayuda, llame al Centro de Comunicación con el Cliente al número que se encuentra en su tarjeta de identificación o llame al 1-888-802-7001 (TTY: 711).

Tagalog

Mga Walang Bayad na Serbisyo sa Wika. Maaari kayong kumuha ng tagasaling-wika (interpreter). Maaaring basahin sa inyo ang mga dokumento at ipadala sa inyo ang ilan nang nakasalin sa inyong wika. Para sa tulong, tumawag sa Customer Contact Center sa numero sa inyong ID card o tumawag sa 1-888-802-7001 (TTY: 711).

Ukrainian

Безкоштовні послуги перекладу. Ви можете скористатися послугами перекладача. Вам можуть прочитати документи на українській мові та надіслати переклади деяких із них. Якщо вам потрібна допомога, телефонуйте у Центр обслуговування клієнтів за номером, вказаним на вашій ідентифікаційній карті, або за номером 1-888-802-7001 (лінія TTY: 711).

Vietnamese

Dịch vụ ngôn ngữ miễn phí. Quý vị có thể yêu cầu phiên dịch viên. Quý vị có thể yêu cầu đọc các tài liệu và gửi một số tài liệu cho quý vị bằng ngôn ngữ của quý vị. Để được trợ giúp, hãy gọi đến Trung tâm Liên lạc Hội viên theo số điện thoại trên thẻ nhận dạng của quý vị hoặc gọi đến số 1-888-802-7001 (TTY: 711).

