**Put Your Health First**

Get the preventive services that are right for you!

Take advantage of these and other services available at no cost to adults under most health coverage.

**Blood pressure and cholesterol screenings**

- Alcohol misuse and tobacco use counseling
- Type 2 Diabetes Screening
- Aspirin use for some adults
- Colorectal cancer screening for adults over 50
- Depression screening

**Diet counseling and obesity screening**

- Hepatitis B and C screening
- HIV screening and STD prevention counseling
- Lung Cancer screening for some adults

**Immunization Vaccines:**
- Hepatitis A and B
- Herpes Zoster
- Human Papillomavirus (HPV)
- Influenza (Flu Shot)
- Measles, Mumps, Rubella
- Meningococcal
- Pneumococcal
- Tetanus, Diphtheria, Pertussis
- Varicella (Chicken Pox)

**COST TIP**

Most preventive services are covered at no cost. However, if you receive additional services, you may be billed. Ask your provider’s office or plan to explain any charges.

For additional resources and a full list of the preventive services covered at no cost sharing under most health plans, please visit go.cms.gov/c2c.