

Hello

Now that you have health insurance coverage, did you know that you can use your coverage to support good health even if you aren't feeling sick? Through your coverage, you can get preventive services at no cost. Understanding what services are available to you and your loved ones is the first step.

The flyers linked below explain what preventive screenings and care are available to you and your family.



Adult Preventive Services: Learn more about what's available at no cost under most health coverage.



Women's Preventive Services: Annual well woman visits, cancer and sexually transmitted disease (STD) screenings, and other screenings and support are available to women.



Men's Preventive Services: Preventive screenings and counseling are available to men.



College Student's Preventive Services: Services are available at no cost under most health coverage and usually offered by student health centers.



Teens' Preventive Services: Help your teen take advantage of available preventive services and screenings.



Children's Preventive Services: Annual vision screenings, oral health assessments, immunizations, and more can help ensure a successful, healthy childhood.



Infants' Preventive Services: Use preventive care, screenings, and immunizations to ensure your infant is healthy and happy.

If you have any questions about what is covered under your health insurance plan, please contact me at _____ or the _____ member services phone number. You can find the member services number on your insurance card.

Se puede acceder a recursos en Español también por CMS: [Adultos](#), [Mujeres](#), [Hombres](#), [Estudiantes de Universidad](#), [Adolescentes](#), [Niños](#), [Bebés](#).

Take care,