



When you feel great, you're unstoppable

Understanding your preventive care benefits

It's important to schedule an annual checkup with your doctor for preventive care services, even if you don't feel sick. **Here's why:**

- Your doctor can determine your current health status and detect early warning signs of more serious, costly problems.
- Most health plans include preventive care services with no added cost when provided by in-network doctors. Check Blue Shield of California's preventive guidelines for details.

Take charge of your health today

Find out what screenings, services, and immunizations are recommended for you and your family.

Visit blueshieldca.com/preventive

