

Preventive care is essential care.

Getting and staying healthy starts with high-quality preventive care. Routine physicals, vaccinations, and screenings help detect issues early and prevent new illnesses.

What are the benefits of preventive care?

Regularly scheduled screenings can help your primary care provider keep track of your health and identify any problems before they become a concern you need to manage.

What's the difference between preventive and diagnostic care?

Diagnostic care is follow-up care usually based on what was detected during your preventive screenings. For example, a yearly cancer screening can uncover an abnormality that would need further evaluation.

How much does it cost?

Most insurance plans cover the cost of preventive care, but your doctor must be in-network to be fully covered.



Did you know?

8% Only 8% of US adults aged 35 or older received all recommended preventive services.*



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1-855-524-8426



How can Included Health help?

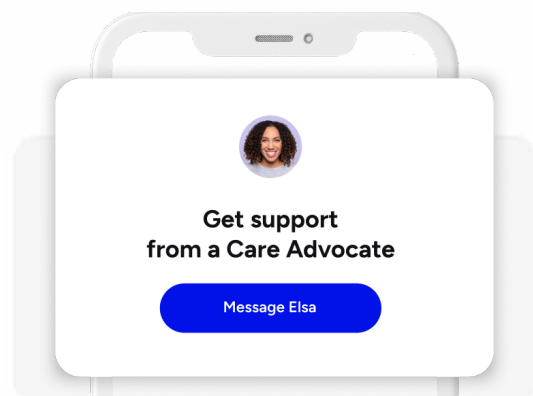
The Included Health Care Team can match you to an in-network primary care provider or you can easily search for a high-quality doctor using our app.

Who needs preventive care?

Everyone needs preventive care. Specific screenings depend on your age, medical history, family history, and doctor's recommendations.

Recommended screenings and frequency:

Screening or service	Timing
Annual check-up	Every one to two years
Depression	Every year
High cholesterol	Every four to six years
HIV	Every year
HPV	Every three years
Mammogram	Every year after the age of 40
Colorectal cancer	Every ten years after the age of 45
Cervical cancer	Every five years
Cardiovascular disease	Every five years
Diabetes	Every three years



*Source: CDC
Included Health - available at no cost to Uniti employees enrolled in a BCBS or UMR medical plan and their covered dependents - is HIPAA-compliant. Your information is private and confidential.



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