



Horizon Blue Cross Blue Shield of New Jersey

Getting Preventive Care With Your OMNIASM Health Plan



One of your most important Horizon BCBSNJ benefits is the one you use when you're not sick — your wellness and preventive care coverage. Taking advantage of your covered preventive care services — checkups and counseling — may improve your health and help you avoid illness. Best of all, routine participating preventive care is available at no additional cost to you.

We encourage you to visit your doctor for annual physical examinations. Early detection of any illness offers your best chance for recovery.

Well and preventive care coverage includes:

- Annual physical exams
- Well child care (including immunizations and lead screenings)
- Cancer screenings (including colorectal, breast, cervical and prostate)
- Tests (laboratory work, X-rays)
- Annual dilated retinal exams for members who have been diagnosed with diabetes¹

Don't miss out on your preventive care benefits. Be sure to make appointments for physical exams and related services well in advance.

Preventive health care guidelines

Getting the right wellness and preventive care starts with a conversation between you and your doctor. Here's where to start:

For adults

- Schedule an annual physical exam
- Ask your doctor about any additional screenings, examinations and immunizations that may be appropriate for you

For children

- Consult your child's doctor about specific recommendations for examinations, screenings, tests and vaccines

For a complete list of the preventive health guidelines visit [HorizonBlue.com/members](https://www.horizonblue.com/members), mouse over *Health and Wellness*, and click *Wellness Messages*.

¹ Some group contracts may not cover this annual exam. Please refer to your About Your Benefits handbook or your Evidence of Coverage for specific benefit information. No referral is necessary for this exam if you have been diagnosed with diabetes.