



when you feel great,
you're unstoppable.



Understanding your preventive care benefits

Even if you're feeling fine, scheduling an appointment with your doctor for preventive care services is important. **Here's why:**

- Your doctor can determine your current health status and detect early warning signs of more serious, costly problems.
- All plans cover 100% of the costs for preventive health services when provided through network doctors. Check Blue Shield'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.

