

# AN OUNCE OF PREVENTION

## SAVES YOU CASH AND KEEPS YOU HEALTHY

Preventive care helps you stay healthy by checking for health problems early when they are easier to manage. Your GuideStone® medical coverage offers a wide array of preventive care services with no out-of-pocket costs to you!

All you have to do is follow your plan's Preventive Care Schedule to receive services such as:

- Annual checkups for adults
- Cancer, diabetes and blood pressure screenings
- Mammograms and well-woman screenings
- Immunizations for children and adults
- Prenatal and fetal screenings
- Routine checkups for infants, children and teens
- Developmental screenings for toddlers
- Special preventive services for at-risk individuals

Find out what's covered in your plan's Preventive Care Schedule by visiting [GuideStone.org/PreventiveSchedule](https://www.guidestone.org/PreventiveSchedule).

For answers to frequently asked questions about preventive care, go to [Help.GuideStone.org/PreventiveCare](https://www.guidestone.org/PreventiveCare).

# PLAN YOUR CARE AND SAVE YOUR CASH

Your GuideStone health plan includes a robust schedule of preventive care services.

**Here's a simple five-step plan for accessing them.**

## 1. FOCUS ON THE PREVENTIVE CARE SCHEDULE

- Download your Preventive Care Schedule by visiting [GuideStone.org/PreventiveSchedule](https://GuideStone.org/PreventiveSchedule).
- Review the services available to you based on your age and gender.
- Get paid to shop for your preventive care mammograms and colonoscopies. Learn About [SmartShopper®](#).

## 2. STAY IN YOUR NETWORK

- Access provider information at [GuideStoneHealth.org](https://GuideStoneHealth.org).
- Follow the “Find Care” tab to find in-network health care providers in your neighborhood.

## 3. SCHEDULE AN APPOINTMENT

- Tell the provider you are coming in for preventive services.
- Bring a copy of your *Preventive Care Schedule* with you.

## 4. PLAN FOR FOLLOW-UP

- Schedule follow-up appointments if necessary.
- Understand that any treatment administered in subsequent appointments will be subject to your standard coverage rules, not the *Preventive Care Schedule*.

## 5. MONITOR YOUR EXPLANATION OF BENEFITS (EOB) STATEMENTS

- Review your statements when they arrive.
- If there are any issues, work with your provider or contact Quantum Health to assure the procedures were submitted with the accurate information.

### **What's the difference between preventive care and diagnostic visits?**

A Highmark BCBS customer advocate explains how the codes on your claims determine how your benefits are paid at [GuideStone.org/PreventiveClaims](https://GuideStone.org/PreventiveClaims).