

Preventive Care – Adult

Do you know how often you should get a medical test or see your doctor?
Are you familiar with what tests and services are considered preventive?



What are preventive care services?

It's important to visit your primary care provider (PCP) regularly to get preventive care. Preventive care lets your PCP find potential health problems before you feel sick. By finding medical problems early, your PCP can help you get the care you need to stay healthy.



When are services free?

The same service could be preventive (complimentary) or diagnostic (copayments, coinsurance or deductibles apply).

Preventive care is complimentary (no cost to the member) when it's:

- Listed in this guide found at osuhealthplan.com/forms-and-downloads
- Completed by an in-network provider or preferred pharmacy. Go to osuhealthplan.com and use our Find a Provider tool to find in-network doctors
- Done for preventive purposes



CARE	REASON FOR SERVICE	WHAT YOU'LL PAY
Preventive care	To prevent health problems. You don't have symptoms.	You won't pay anything. <i>complimentary</i>
Diagnostic care	You have a symptom, or you're being checked because of a known health issue.	This is a medical claim. Your deductible, co-payments and coinsurance may apply. Remember that your PCP office visit is complimentary if your provider is part of the prime network. If you have blood tests or x-rays, these will require you to pay all or a portion of the charges.



Adult Health Preventive Care

AGE	RECOMMENDATION	COST
19 – 21 years	Once every 2 – 3 years; annually if desired	Complimentary
22 – 64 years	Once every 1 – 3 years	Complimentary
65 and older	Once every year	Complimentary

IMMUNIZATIONS Doses, ages and recommendations vary.	VACCINE	RECOMMENDATION	COST
	Chickenpox (varicella)	Two doses 4 weeks apart for those with no history of the vaccination or disease.	Complimentary
	COVID-19	For the current CDC recommendations regarding COVID-19 vaccination, please visit cdc.gov/coronavirus/2019-ncov/vaccines .	Complimentary
	Flu (influenza)	One dose every year.	Complimentary
	HPV (human papillomavirus)	Three doses over a 24-week period up to age 26. Some individuals up to age 45 may benefit, discuss with your doctor.	Complimentary
	Measles, mumps, rubella (MMR)	One to two doses if no history of the vaccination or disease. Can be given after age 40 if at high risk.	Complimentary
	Meningitis (meningococcal)	One dose for ages 19 – 24 if no history of vaccination. Can be given after age 40 if at high risk.	Complimentary
	Pneumonia (Pneumococcal)	One dose for those 65 and older. Those at high risk or with a history of asthma or smoking should have 1 dose between ages 19 and 64.	Complimentary
	Shingles (herpes zoster)	Ages 50 and older.	Complimentary
Tetanus, diphtheria and whooping cough (pertussis)	One dose if no history of pertussis vaccine regardless of interval since last tetanus vaccine, followed by tetanus every 10 years. This vaccine is recommended especially if you have contact with children under age 1.	Complimentary	