

# Take your health to heart

**Schedule your free blood pressure, cholesterol and diabetes screenings**

**Stop serious conditions like heart disease and stroke before they even start by keeping key screenings top-of-mind.**

Preventive care keeps you healthy. And it's covered.\*



Annual Routine Checkup



Annual OB/GYN Visit



Cholesterol Screening



Colorectal Cancer Screening



Diabetes (Type 2) Screening



Immunizations



Mammography Screening



Well-Child Visit

See the full list of preventive care services available to you at  
**[ExcellusBCBS.com/PreventiveCare](https://ExcellusBCBS.com/PreventiveCare)**

Download the **Excellus BCBS app** and register your online account.



\*A well visit or preventive service can sometimes turn into a "sick visit," in which out-of-pocket expenses for deductible, copay and/or coinsurance may apply. There may also be other services performed in conjunction with the above preventive care services that might be subject to deductible, copay and/or coinsurance.

Covered services do not include procedures, injections, diagnostic services, laboratory and X-ray services, or any other services not billed as preventive services.

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注意：如果您说中文，我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。

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**Everybody Benefits**