

Preventive Care Investing in Your Health

CALIFORNIA has made significant progress in reducing the ranks of the uninsured, and today nearly 93 percent of Californians have health coverage. These individuals and families have access to a comprehensive suite of health care benefits as health plans are offering more essential services than ever before. Preventive health care makes up an important part of California's health care foundation and health plans cover the full cost of many preventive services. This early investment in health is helping Californians live more vibrant lifestyles.

93%

Prioritizing Care

Prevention is the best medicine for living a healthy lifestyle. Services helping Californians to avoid ailments and diseases, or detect them early on, are an invaluable investment in the health of the state's individuals and families.

Preventive Care Is:

REDUCING
DISEASE PREVALENCE



BOOSTING
QUALITY OF LIFE



REDUCING MEDICAL
HEALTH CARE COSTS



INCREASING
LIFE EXPECTANCY



Surgeongeneral.gov

Valuing Your Health

California's health plans offer a full suite of preventive services, at little- to no-cost. Core preventive services covered by health plans give individuals and families the tools to invest in their health at every stage of life.

CHILDREN



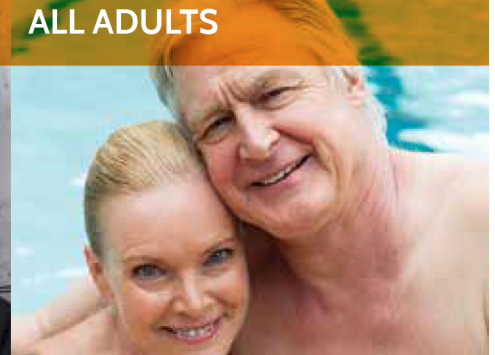
- > Well-Baby Check-Ups
- > Childhood Immunizations
- > Vision Assessments
- > Developmental Screenings
- > Behavioral Assessments
- > Screening for Certain Diseases
- > And Many More

WOMEN



- > Well-Woman Check-Ups
- > Mammograms
- > Cervical Cancer Screenings
- > Breast Cancer Chemoprevention
- > Breastfeeding Support & Counseling
- > Mental Health Screenings
- > Contraception Options
- > And Many More

ALL ADULTS



- > Certain Cancer Screenings
- > Adult Immunizations
- > Blood Pressure & Cholesterol Screenings
- > Diet & Nutrition Counseling
- > Mental Health Screenings
- > Screenings for Many Diseases
- > And Many More

Going the Extra Mile

California's health plans have recognized the value and benefit of investing in preventive and essential health services. Many Californians will find their coverage goes above and beyond, providing new and comprehensive programs and services to address the needs of members and help tackle some of today's most pressing health care challenges.

Preventing & Treating Diabetes

Type 2 diabetes is one of the fastest-growing and most costly diseases in the U.S. and in California¹, presenting a major health risk if undetected or not properly managed.

Nearly half² of California adults, including one third of young adults, have either prediabetes, or undiagnosed diabetes. And, another 2.5 million adults have already been diagnosed. California's health plans are working to tackle this issue:



DIABETES
SCREENINGS



PREVENTION
PROGRAMS



EDUCATION &
TRAINING



MEDICAL SUPPLY
COVERAGE



MEDICAL DEVICE &
EQUIPMENT
COVERAGE



ARTIFICIAL LIMB
COVERAGE

Targeting Core Issues

Diabetic retinopathy is a leading cause of blindness in American adults. A CAHP member health plan has built a solution that offers virtual screenings for the disease in primary care offices, helping to:

- > Detect twice as many patients with retinopathy
- > Bring down patient costs and boost quality and convenience
- > Reduce secondary trips for screenings

¹Diabetes.org, ²UCLA.edu

Promoting a Healthy Lifestyle

As the obesity rate in the U.S. and in California have risen³, so too have the diseases and complications that accompany the condition, such as diabetes, hypertension and heart disease. Many California health plans are helping to prevent obesity and promote healthy lifestyles.

- > WEIGHT MANAGEMENT
- > OBESITY SCREENING
- > NUTRITION COUNSELING
- > SUPPORT GROUPS
- > HEALTH EDUCATION CLASSES

³Stateofobesity.org

Tackling Addiction Together

Struggle with addiction jeopardizes the mental and physical health of many Californians. Programs like these reduce the barrier to help for those who need it most.

- > Smoking Cessation Programs
- > Mental Health Screenings & Support
- > Alcohol Misuse Screening & Counseling
- > Drug Abuse Screening & Counseling

Checking-Up on Your Health

Check-ups are a crucial part of a healthy lifestyle. Health plans recognize this, and many are offering:

- > Free Annual Physician Check-Ups
- > Select Nutritional Supplements
- > Need-Based Health Reviews & Screenings
- > Personalized Health Advice & Treatment Schedules