



GET YOUR PREVENTIVE CARE

The benefits of preventive care are clear for everyone, at every stage of life. Periodic physical exams, vaccines, and diagnostic screenings are all keys to maintaining good health and identifying health issues before they become more serious.

Learn what preventive care services make sense for you and your family by assessing the annual preventive care schedule at www.highmarkBCBS.com. Click the **Coverage** tab, then **Medical Benefits** on the left, and then in the ABC IMPORTANT BASICS section, click the link for the **Preventive Schedule** (PDF).

For more details on your preventive schedule, call care advocate at **866-217-5067** from 8 a.m. to 8 p.m. EST.



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ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。

