

# Live a healthier, longer life with preventive care

Put your health first — because when you're well, so is your family



Having a doctor you trust is one of the most important things you can do for your health. Your primary care physician (PCP) or family doctor recommends and gives preventive care screenings, helps guide overall wellness, and provides support for conditions like high blood pressure, high cholesterol, and diabetes.

## Know the difference between preventive and diagnostic care

Certain services can help you stay healthy, prevent certain health conditions, or catch issues early on. This is called preventive care. It's different from diagnostic care, which helps your doctor find out what's causing specific symptoms.

A preventive visit is covered by your health plan at no extra cost. A diagnostic test may have copays, deductibles, and coinsurance, which is your percentage of the costs.

### Preventive care can help protect you from becoming sick.

**Example:** A person with no history of high blood pressure receives a routine check to screen for high blood pressure.

### Diagnostic care helps find the cause of a health issue.

**Example:** A person visits the doctor because they wake up with headaches. The doctor orders bloodwork to see what may be causing the headaches.



Preventive care and screenings can help prevent 85% of illness and disease.<sup>1</sup>



## Stay up on preventive care

Preventive care can help you be your healthy best and catch conditions earlier, when they're easier to treat.<sup>2</sup> Your health plan covers preventive care at no extra cost. Call an Anthem Health Guide at **888-596-6014** for help scheduling an appointment.

Preventive care screenings and services include:

- Blood pressure and cholesterol screenings
- Bone density tests to screen for osteoporosis
- Breast cancer screening, including a mammogram, starting at age 40 based on health and family history<sup>3</sup>
- Colorectal cancer screening, starting at age 45<sup>4</sup>
- Yearly physical with your primary care provider (PCP)
- Type 2 diabetes screening

Vaccines:

- Hepatitis A and B
- Influenza (flu)
- Measles, mumps, and rubella (MMR)
- Meningococcal (meningitis)
- Respiratory syncytial virus (RSV)
- Varicella (chickenpox)
- Zoster (shingles)

Visit [anthem.com/ca/preventive-care](https://anthem.com/ca/preventive-care) or log in to the Sydney Health app for a complete list of recommended preventive care and screenings.

## Boost your overall well-being with healthier habits

- Be more active by exercising and moving your body at least 30 minutes a day.
- Cut back on alcohol.
- Eat a healthy diet with more vegetables and less salt.
- Make time to relax and get seven or more hours of sleep each night.
- Quit smoking or vaping.
- Take all medicines the way your doctor wants.

### We're here to help

Whether you want to find a local doctor in your plan's network or schedule your physical, Anthem Health Guides can help. They're here to support you and your family at no extra cost. Call us at **888-596-6014** or connect with us through the **Sydney<sup>SM</sup> Health** app.

You can also use the Sydney Health app to:

- Find care and check costs.
- Check what your plan covers.
- Use the interactive chat feature to find answers quickly.
- Discover resources that support your well-being.
- Access virtual care options for a video visit with a doctor or therapist.

Scan the QR code with your phone's camera to download Sydney Health.



<sup>1</sup> Anthem: Preventive Care Plans & Guidelines (accessed June 2025); [anthem.com](https://anthem.com).

<sup>2</sup> Centers for Disease Control and Prevention: Are You Up to Date on Your Preventive Care? (May 15, 2024); [cdc.gov](https://cdc.gov).

<sup>3</sup> National Breast Cancer Foundation: Mammogram (April 16, 2025); [nationalbreastcancer.org](https://nationalbreastcancer.org).

<sup>4</sup> Centers for Disease Control and Prevention: Cancer Screening Tests (January 16, 2025); [cdc.gov](https://cdc.gov).

The preventive care services listed are recommendations of the Affordable Care Act (ACA) and are subject to change. They may not be right for every person. Ask your doctor what's right for you.

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare provider in your plan's network. If you receive care from a doctor or healthcare provider not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

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