

Stay a step ahead with preventive care.



It's important to stay in touch with your doctor and schedule your annual preventive care visit — even if you're feeling well.

Preventive care evaluates your health now to identify problems early, when they're easier to treat. Your plan offers several preventive services, including routine diabetes, cholesterol, and cancer screenings — all at no cost to you.*

Depending on the results of your checkup, your provider may order diagnostic services to further evaluate your health.** Some services may include additional fees based on your health plan.

How to access your preventive schedule

Make sure to review your preventive schedule to see the routine care you're due for this year. Here's how to view it:

- Log in to the [MyHighmark app](#) or [MyHighmark.com](#).
If you don't have a login ID, click on [Register Now](#) to create an account.
- On the home screen, click on the [Benefits tab](#) at the top of the page.
- Under the Insurance Benefits section, select [Medical](#).
- On the right side menu under Documents, click [Preventive Services](#) to view your schedule.



Because Life.™



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*Grandfathered health plans may charge cost sharing for preventive services, even when received from a network provider.

**Some checkups and tests depend on sex, age, last visit, or risk factors. Contact your in-network provider prior to your visit to determine what's best for you.

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