



your health

# are you scheduled?

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Preventive care is an investment in your health. When you spot a disease or illness early through preventive care, the outcomes may be improved and the cost for treatment may be reduced. And in some situations, early detection and lifestyle changes can prevent the disease entirely. Your Chevron medical, dental and vision plans cover a variety of important [preventive screenings and services](#). Here are some tips for using your preventive care coverage under your Chevron health benefits.

## use a network provider



All Chevron medical, dental and vision plans include 100 percent coverage with no copayment, coinsurance or deductible for certain preventive care services, as specified by the Affordable Care Act, when you see a network provider. **It's important to use a network provider because that's the only way your plan will provide 100 percent coverage.** [Contact your health plan](#) directly or [use the links we've gathered](#) to verify if your provider is in the network this year.

## what's the right care for you?



All Chevron health plans generally use the [U.S. Preventive Services Task Force](#) and other similar guidelines to determine the evidence-based recommended screenings and frequency that are covered under the plan. Ask your doctor about which screenings you may need and the frequency for screenings. This [Anthem tool](#) also provides guideline recommendations for preventive care screenings based on age and gender for the Medical PPO, the High Deductible Health Plan (HDHP) and the HDHP Basic participants.

## verify it's covered



Before getting care, it's a good idea to [contact your health plan](#) directly to confirm which of your doctor's recommendations are currently covered under your plan and any restrictions that may exist. Also, ask if you have any out-of-pocket costs for the visit, based on your personal situation.

## schedule it



Take a moment to look ahead for the year and schedule your exams in advance while appointments may still be available. Don't let scheduling keep you from doing what's right for your health.

## report a preventive care visit for points



By scheduling and completing a preventive care visit – dental cleaning, eye exam, physical exam, immunizations or recommended screenings based on your age and gender – you can earn points toward reduced medical premiums in 2019. Go to the [Health Rewards Qualifying Activities](#) page to learn more and how to report completion of this activity.

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