PROTECTING YOUR HEALTH

A Focus on Prevention

Sutter Health Plus

Your Health Plan

What is Preventive Care?

Preventive care helps to protect against disease and to provide early detection of certain health conditions. Talk to your provider or care team about what is right for you.

Covered Preventive Services

Sutter Health Plus covers a variety of preventive care services* at no out-of-pocket cost**, which may include:

- ✔ Comprehensive preventive care visits and counseling, including well-woman exams
- ✔ Family planning counseling and services
- ✔ Hearing exams
- ✔ Maternity and newborn care
- ✔ Routine preventive imaging services and laboratory tests

- ✔ Screening tests
- ✔ Smoking cessation counseling and interventions
- ✔ Some drugs and supplies, including specific vitamin and mineral supplements
- ✔ Vaccines and immunizations
- ✔ Well-child preventive care exams

Preventive vs. Diagnostic Care

Recognizing the difference between preventive care and diagnostic care is important. The goal of preventive care is disease prevention and early detection. Diagnostic care involves evaluation and treatment of known or suspected conditions. When you receive diagnostic care, you may incur out-of-pocket costs based on your health plan coverage.

Here are a few examples of how a service may be either preventive or diagnostic care, depending on the situation:

Preventive Care	Diagnostic Care
Screening mammogram for women age 40 and over when there are no symptoms or previous breast disease diagnosis	Mammogram after suspicious results are found on a screening mammogram or when signs of possible breast disease are present
Diabetes screening using a lab test to check if a person has a high blood sugar level and possible diabetes	Diabetes monitoring done on a routine basis using lab tests to check blood sugar control
Colonoscopy when no symptoms are present and there is no personal history of colon disease	Colonoscopy when symptoms are present or there is a history of colon disease

*Based on U.S. Preventive Services Task Force recommendations
**Check your Evidence of Coverage and Disclosure Form for details